



TAI CHI FOR BEGINNERS

An Online Virtual Series of Classes

Mon., Wed., & Fri, 9:30-10:30 a.m., Sept. 19 – Nov. 4

All Ages Are Welcome

**Decrease Arthritis Pain and Helps Prevent Falls • Increased Flexibility
Can be Done Seated or Standing • Improve Physical and Mental Balance**

WHERE: Virtual Classes [Register to receive a Zoom link for access to these classes]

COST: No charge- courtesy of OSU Extension

Please **register asap** to reserve your spot!

REGISTER: <https://go.osu.edu/tai-chi-autum2022>

For more information, contact Lorrissa Dunfee dunfee.54@osu.edu or Rae Baker baker.782@osu.edu
You may also contact your local County OSU Extension office for more details.

Developed by Dr. Paul Lam at the Tae Chi for Health Institute (TCHI) the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults.



THE OHIO STATE UNIVERSITY

EXTENSION

Belmont County OSU Extension
belmont.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.