



Retired & Senior Volunteer Program (RSVP)

Tai Chi for Arthritis Program

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The **Tai Chi for Arthritis Program**, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Tai Chi will help individuals reduce stress, increase balance and flexibility, feel relaxed and improve their overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life. This class is for everyone, not just participants with arthritis.

The Tai Chi class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements. These one hour classes meet two times per week for eight weeks and are designed to be relaxing and enjoyable.

More information can be found at the Tai Chi for Health Institute website.

Locally TCA class schedules are listed with Broome County Office for Aging.