

TAI CHI FOR ARTHRITIS PROGRAM



in collaboration with the
Retired & Senior Volunteer
Program (RSVP)



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; enhance relaxation; and improve overall mind, body and spirit.

Classes take place:

Mondays & Fridays
January 23 - March 17, 2023

This class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements.

Location: Southern Tier
Community Center (STCC)
1 Clubhouse Rd., Endicott, NY 13760

Time:
10:00 a.m. - 11:00 a.m.

Price: FREE

Click [here](#) for more information!

To register, or for more information/questions contact Donna at
(607) 785-4747 or email at frye.donna@rocketmail.com

