



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

Presents 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.

Classes take place :

Mondays and Fridays

July 12, 2021 - September 3, 2021

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

Morning class : 10:00 a.m. to 11:00 a.m.

Evening class : 5:30 p.m. to 6:30 p.m.

Class fee: FREE

*suggested donation for class: \$20.00

Click [here](#) for more program information

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

