



## **The 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. 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. Classes are free (\$20.00 suggested donation)

For information on the program or for upcoming classes:

Call RSVP at 607-729-9166 or email [dkerins@ccbc.net](mailto:dkerins@ccbc.net);

**Or** call the Broome County Office for Aging at 607-778-2411

