



Tai Chi for Arthritis Program

Sponsored by the Deposit Foundation Friendship Program and
The Retired & Senior Volunteer Program (RSVP)

- **Classes are May 3 through June 23, 2016**
- **Tuesdays and Thursdays from 3:00PM – 4:00PM**
- **Held at the First United Methodist Church on the Corner of Second and Dean Streets, Deposit, NY**
- **Fee: Free class** - suggested donation \$20.00 (but not necessary)

Week # 1 –Tuesday 5/3/16 and Thursday 5/5/16

Week # 2 –Tuesday 5/10/16 and Thursday 5/12/16

Week # 3 – Tuesday 5/17/16 and Thursday 5/19/16

Week # 4 – Tuesday 5/24/16 and Thursday 5/26/16

Week # 5 – Tuesday 5/31/16 and Thursday 6/2/16

Week # 6 –Tuesday 6/7/16 and Thursday 6/9/16

Week # 7 – Tuesday 6/14/16 and Thursday 6/16/16

Week # 8 – Tuesday 6/21/16 & Thursday 6/23/16



The Tai Chi class is led by a certified instructor, which includes: warm up and cool down exercises and six basic core movements. Classes are designed to be relaxing and enjoyable.

- **Register for the Deposit class, beginning on May 3, 2016**
 - Call Deb at RSVP at 729 – 9166, or E-mail dkerins@ccbc.net or
 - The Deposit Foundation; Phone: 467-4000, email: dfrhs@tds.net

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 for Arthritis Program is proven to prevent older adult falls by as much as 70%.