

Tai Chi

For Arthritis and Falls Prevention

SIX WEEKS
STARTING
JAN. 18

TUESDAYS+
THURSDAYS
11:30 AM-
12:30 PM

Tai Chi for Arthritis and Fall Prevention is a program created by Dr. Paul Lam and the Tai Chi for Health Institute to be a safe and enjoyable activity for individuals with and without arthritis to improve overall health.

Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls.

Participants should have clearance from their health care provider before engaging in any exercise program.

PROGRAM DETAILS

- Instructor Chris Pierce is certified in Tai Chi for Arthritis and Falls Prevention.
- Choose in-person (at the Trager Institute) or virtual when you register.
- Class caps at 20 students, 10 in-person and 10 virtual.
- Beginner Friendly, but each class builds upon moves from the previous class, so regular attendance is encouraged.
- \$50 for the 6-week session.
- Masking and social distancing guidelines will be followed.

QUESTIONS?

Call the Trager Institute: (502) 588-0433

Consideration for joining after the start of the series will be made on a case by case basis. Contact Jessica Morgan at jessica.morgan.5@louisville.edu for more info.



According to the Tai Chi for Health Institute, "It is easy, enjoyable and safe for people with arthritis to learn. Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of lives, as well as preventing falls for the older adults. For this reason, arthritis foundations around the world and the Centers for Disease Control and Prevention in America are giving it their full support."