



Tai Chi for Arthritis for Fall Prevention

Tai Chi for Arthritis for Fall Prevention is an exercise program recommended by the CDC to benefit overall well-being. It is appropriate for people with mild, moderate, and severe joint and back pain, as well as for adults without arthritis who have a higher risk of falling. Tai Chi is great for those who wish to improve their physical and mental health. The program meets twice a week for eight weeks.

Practicing Tai Chi can help:

- improve health of the body and mind through movement and mindfulness
- reduce pain associated with disease and arthritis
- improve mobility and prevent falls

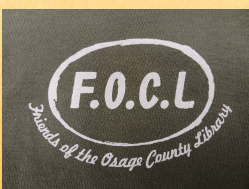
Register online through the MU Extension website, at www.mrrl.org, or by calling the library at 573-897-2951.

Through the generous support of our partners, this class is offered at no charge!



Osage County Library
Mondays and Wednesdays
July 24th through Sept. 18
(no class 9/2 for Labor Day)
1pm-2pm

DEMONSTRATION on
Monday, July 22
1pm



an equal opportunity/ADA institution