

DO YOU HAVE ARTHRITIS?

Join us for the Arthritis Foundation Tai Chi Program (Part I)

Tai Chi is an ancient practice designed to exercise the body, mind and spirit. This program is designed specifically for people with arthritis that includes agile steps and exercises that may improve mobility, breathing and relaxation. Tai Chi may also lower blood pressure, has the potential to stimulate bone growth and strengthen connective tissue.

The Arthritis Foundation,
(Northeastern New York Chapter)
is pleased to offer a

FREE

Arthritis Foundation Tai Chi Program (Part I)

Hosted by:

**Duanesburg Area Community Center
221 Victoria Drive, Delanson, NY 12053**

Instructed By:

Tai Chi Certified -Pam Martin

Tuesday's (11am – 12 noon)
October 18th – December 6th

Those who have already taken this class are welcome to join us again!

No walk-ins. You MUST be registered to attend a class.

Please register with Sonya Andrew at 518-456-1203.

(Cannot register through the DACC)



Arthritis Foundation
Tai Chi Program™

