

# Virtual Tai Chi



## Join us for Tai Chi on Zoom!

Tai Chi for Arthritis and Fall Prevention is an evidence-based program that uses the principles and movements of Tai Chi in helping adults improve their balance, relieve pain, and improve flexibility and muscular strength.



**CLASSES  
ARE FREE**

**Advanced registration is required.**

### **New to Zoom or want to get more out of it?**

SBU students are available (virtually) to explore the features of Zoom to help you get the most out of your tai chi practice.

**Scan the QR Code or visit our website for  
schedule and registration:**

**[trauma.stonybrookmedicine.edu/falls\\_programs](https://trauma.stonybrookmedicine.edu/falls_programs)**

For questions, please email:  
[Kristi.Ladowski@stonybrookmedicine.edu](mailto:Kristi.Ladowski@stonybrookmedicine.edu)

There are three levels of the program, each offered twice a week for 60 minutes, for 10 weeks. Each level is led by a trained/certified instructor.

- Level 1: Movements 1-12 (for Beginners)
- Level 2: Movements 13-21
- Level 3: Full Form Practice

Participants will learn:

- Balance Skills
- Proper Body Alignment
- Coordinated Tai Chi movements

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