



TAI CHI FOR HEALTH WORKSHOP

Tai Chi for Arthritis Part 1 (Forms 1-6)

When: Mondays and Wednesdays: September 4, 6(Friday), 9, 11, 16, 18, 23, 25, 30 October 2, 7, 9, 16, 21, 28, 30

Time: Monday and Wednesdays 2:00-3:00pm

Where: Riverhead Free Library
300 Court Street, Riverhead

Cost: Free, must register in advance

To Register or Questions Contact:
Debora Rippel, Senior Public Health Educator
631-853-2928

This program is offered as part of the NYS Department of Health
Older Adult Fall Prevention Program

What it is?

Tai chi is an ancient Chinese practice that combines slow movements with deep breathing.

Benefits of Tai Chi for Health:

- Increase strength, balance and posture
 - Prevent falls
 - Improve mind, body and spirit
 - Reduce stress and increase relaxation
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Division of Preventive
Medicine, Office of Health
Education

