



TAI CHI FOR HEALTH WORKSHOP

Tai Chi for Arthritis Part 2 (Movements 7-12)

When: Wednesdays and Fridays July 17 – Aug 30
July 17, 19, 24, 26, 31, Aug 2, 7, 9, 14, 16, 21, 23, 28, 30

Time: Wednesdays and Fridays 3:00-4:00pm

Where: Stony Brook Specialty Care Center
500 Commack Rd, Commack

Cost: Free, must register in advance

To Register or Questions:
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 moving 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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Stony Brook
Trauma Center

