

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 older adults improve their balance and increase their confidence in doing everyday activities.

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

- Level 1: Movements 1-6 (for Beginners)
- Level 2: Movements 7-12
- Level 3: Movements 13-21

Participants will learn:

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

Visit our website for schedule and registration:
trauma.stonybrookmedicine.edu/falls_programs

For questions, please email:
Kristi.Ladowski@stonybrookmedicine.edu

This program is offered as part of the NYS Department of Health Older Adult Fall Prevention Program. Stony Brook University/SUNY is an equal opportunity, affirmative action educator and employer. 20110622H

**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.



**Stony Brook
Trauma Center**