COA
Health and Wellness

Tai Chi for Arthritis and Fall Prevention

Tai Chi is an ancient Chinese exercise program that promotes strength, flexibility and balance to help you better manage arthritis and lower your risk of experiencing a fall. You'll learn:

- Warm-up and cool-down exercises
- 1-2 core movements per session (8 weeks total)
- Breathing techniques
- Principles relating to improving physical and mental balance

Classes meet twice a week for eight weeks. Older adults and caregivers, age 18+ are welcome!

Friars Club

4300 Vine St, Cincinnati, OH 45217

Mondays and Wednesdays | 10:00 – 11:00 a.m.

April 13th – June 8th, 2026, skips Memorial Day

Last day to register and join: April 20th

To register for this **FREE** workshop, sign up in person or call the Friars Club at: 513-488-8784

Council on Aging: www.help4seniors.org/workshops (513) 345-8637.

Dr Paul Lam
Tai Chi for Health Institute
EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING