

# Tai Chi

**for arthritis and  
fall prevention**



- Improve overall health and well-being
- Exercise your whole body
- Reduce stress and calm the mind

Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

The Area Agency on Aging District 7 (AAA7) is offering this evidence-based class locally to help individuals age 60 or over improve movement, balance, strength, flexibility, immunity and relaxation; decrease pain and falls; and increase socialization and sustainability.

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**Join Us on Tuesdays and Thursdays**

**Sept. 3rd -  
Oct. 24th**

1:00 pm - 2:00 pm

Ross County YMCA

Chillicothe



**Registration Deadline is August 30th.  
1.800.582.7277 or email [wellness@aaa7.org](mailto:wellness@aaa7.org)**