

# Free Beginner TAI CHI CLASSES

## Tai Chi for Arthritis/Fall Prevention

*\*Available at two locations. Please choose one location to attend classes.*

### LOCATION 1

#### Harrison Community Center Cafeteria

Former Harrison Elementary | 5637 Highway 58

**May 7, 9, 14, 16, 21, 23, 28, & 30**

Tues & Thurs | 10:00 - 11:00 AM

### LOCATION 2

#### TN Riverwalk Amnicola Marsh North Entrance

Near 2829 Amnicola | **Outdoors** under cover

**June 4, 6, 11, 13, 18, 20, 25 & 27**

**Morning Class:** Tues & Thurs | 10:30 - 11:30 AM

**Evening Class:** Tues & Thurs | 6:00 - 7:00 PM

### DETAILS ABOUT CLASSES

- Learn warm-up, cool down and twelve movements.
- Eight one-hour sessions that build on each other. Attend all eight sessions!
- Taught by Tai Chi for Health certified instructors.
- Evidence-based to prevent falls, reduce arthritis symptoms, improve breathing and manage stress.
- Tai Chi for Arthritis/Fall Prevention is slow, easy on joints and equivalent to moderate walking.
- For all fitness levels.
- **Class size is limited. Please do not register if you cannot attend all sessions.** Notify us immediately if you must unregister.

### REGISTER

Use this link to select the series you will attend: <https://tiny.utk.edu/TaiChi2024> OR visit <https://hamilton.tennessee.edu/> and click on Tai Chi icon.

If you are unable to register on-line, call UT Extension at **423-209-8560** Monday - Friday 8:00 AM - 4:30 PM. Safety protocols subject to change based on University of Tennessee and host location guidelines.

**Check with your health care professional for any medical concerns.** Wear sturdy shoes and comfortable clothing. Bring water if you want. Arrive on time for warm-ups. **Do not attend if you have COVID symptoms or have been exposed to COVID.** Facemasks welcome.



Scan to Register



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