

TAI CHI FOR HEALTH

ARTHRITIS & FALL PREVENTION CLASSES

8 WEEK SESSION COMING TO VIA!

AN EVIDENCE BASED APPROACH

Both the CDC & American Arthritis Foundation have completed fall prevention studies. These studies have found that recurring falls were reduced by nearly 70%. They also found that building confidence—a fundamental component of the Tai Chi For Arthritis program—correlates closely to the reduced rate of falling. Many health departments around the world have funded training for Tai Chi for Arthritis programs.



CLASSES BEGIN SATURDAY, FEBRUARY 9TH

The Via Center

1717 Dauphin Street

Mobile, AL 36604

(251) 478-3311

10 a.m.—11:00 a.m.

Cost: \$80.00 (8wks.)

J. Russell Culler - Board Certified Instructor