Do you have Arthritis?

Would you like to improve your balance?

Join Tai Chi for Arthritis

Movements performed seated or standing (canes & walkers ok!)

Participants learn:

- **Good body alignment and posture.**
- **Strength building exercises to reduce joint pain and stiffness.**
- **Skills to improve balance and coordination for fall prevention.**
- **Coordinated movements to increase flexibility which improves circulation of body fluid and blood to enhance healing.**

WHERE: FREE Online Live Webinar

Connect with video using a computer or mobile phone.

Program materials and instructions are mailed to pre-registered participants at no charge.

WHEN: Tuesday & Thursday at 10 am
August 4 – September 24, 2020

Classes meet virtually twice a week for eight weeks.

Phone Registration Required:

Please call, Northeast Florida AHEC at
(904) 482-0189 or Toll Free (877) 784-8486

NORTHEAST FLORIDA AHEC
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Department of ELDER AFFAIRS
STATE OF FLORIDA

Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs. *Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The programs are offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.*