



# Tai Chi for Arthritis Fall 2020

## Part I and II

Beginning or Review Class  
Fifteen Sessions

Mondays and Fridays  
Beginning Friday, September 11—October 30

9:30—10:30 a.m.

**Shelbyville-Bedford County  
Senior Citizens Center**

111 JG Helton Dr., Shelbyville, TN 37160

There is no charge—Sponsored by Senior Citizens Center

### What is Tai Chi for Arthritis?

Tai Chi for Arthritis is a program designed to improve the quality of life for people with arthritis. The program uses Sun style Tai Chi; one of the four major recognized styles of Tai Chi. This style may be particularly effective for people with arthritis because it includes agile steps and exercises that may improve mobility, breathing and relaxation. In addition, the movements have higher stances, which make it easier and more comfortable to learn.

### What are the Benefits?

- Reduced pain and stiffness
- Improved ability to cope with stress and depression
- Improved concentration and memory
- Improved balance and coordination
- Improved muscle strength and stamina
- Improved posture and body awareness
- Increased circulation, heart and lung function

### How is the Program Structured?

The program consists of 12 movements, a warm up and a cool down using the Sun style of Tai Chi exercises. The 12 movements are then reversed for added challenge. The movements will be taught a few at a time over the sessions. The Part II is a continuation of Part I and adds new forms with movement in four directions.

### Who can Participate?

This program is appropriate for individuals with mild to moderate impaired joint motion and/or strength or any individual not affected by arthritis who may wish to begin a joint-safe Tai Chi program.

**Call the Extension Office at 684-5971 or the Senior Center at 684-0019 for questions.**

Led by Whitney Danhof, Extension Agent and Tai Chi for Arthritis Certified Instructor. This is a part of the Tai Chi for Health programs created by Dr. Paul Lam, M.D. of Sydney, Australia.



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