

TAI CHI FOR ARTHRITIS

The Arthritis Foundation Tai Chi Program is a one hour class offered twice a week for eight weeks. It has been proven to improve movement, balance, strength, flexibility, and relaxation. Other benefits associated with this program include a decrease in pain and falls.

TUESDAY & THURSDAY

9:00AM - 10:00AM

October 22 - December 17, 2024

**City of Fort Lauderdale
Holiday Park Social Center
1150 G. Harold Martin Dr
Fort Lauderdale, FL 33304**

**Improves
strength and
flexibility**



**Shown to
decrease pain
and falls**



**Improves
movement and
balance**



If you would like this publication in an alternative format or if you need reasonable accommodation to participate in this event, please contact (954) 828-PARK (7275) or parksinfo@fortlauderdale.gov



Area Agency on Aging
of Broward County



Elder Affairs
FLORIDA