

TAI CHI

For Arthritis



Tai Chi for Arthritis was developed by Dr. Paul Lam using the Tai Chi Sun Style with special modifications for arthritis.

Classes are led by a certified instructor and meet for 16 sessions (either 1 hour per week for 16 weeks or 1 hour twice a week for 8 weeks), learning movements properly and slowly working within your comfort limits. Movements can be modified for mobility issues or may be done seated.

Each Session Includes:

- Warm up and cool down exercises
- 1-2 new movements per lesson, progressing to learning 6 core and 6 advanced movements
- Breathing techniques

Benefits Include:

- Increased muscle strength, improved balance, flexibility, and posture.
- Improved prevention from falls.
- Decreased stress and improved relaxation techniques.
- Lessen arthritis symptoms.
- Reduced back pain.

For more information about Arthritis visit:
www.vdh.virginia.gov/arthritis/ or contact:

