

Tai Chi

A PROGRAM FOR BETTER LIVING

Experience the Tai Chi Program
Arthritis Foundation Certified.
Doctor Recommended.



“Practicing Tai Chi forms greatly improved my core muscle strength, and as a direct result, I have developed better balance and better coordination. It has also strengthened my joint mobility, making it easier for me to handle opening jars.” –Gwendolyn W.

The **Tai Chi for Arthritis Program** is an ancient practice proven to reduce pain and improve mental and physical well-being. Tai Chi for Arthritis, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Benefits to You

Tai Chi will help you:

- Reduce stress
- Increase balance and flexibility
- Feel relaxed
- Improve your overall mind, body & spirit

Classes are one-hour each.

Space is Limited. Sign up today.



Class Location

Franklin Housing Authority Community Center

Class Days & Times:

2 pm

February 5, 7, 12, 14, 20, 21, 24, 25

March 5, 7, 12, 14, 19, 21, 25, 27

Instructor Name Contact Phone Number /Sign Up

Kim Cumbo

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