



Tai Chi for Health

“Empowering people to improve their health and wellness, by making Tai Chi accessible to everyone”

Tai Chi for Health Institute’s core program, Tai Chi for Arthritis and Falls Prevention has been shown to prevent falls, reduce pain, improve physical and cognitive function, enhance self-efficacy, relieve depression and increase health-related quality of life.

Our instructors are trained to offer safe, effective, enjoyable classes.

Find certified, compassionate instructors class listings on our website calendar; learn how you can become certified to lead classes in your community, contact Heather Chalon, MPH, Master Trainer, Tai Chi for Health Institute.

Visit www.heatherchalon.com

Or email heather@heatherchalon.com

Or phone [520-780-6751](tel:520-780-6751)

Evidence-based program recommended by The Centers for Disease Control and Prevention (CDC), the Administration on Aging (AoA), Arthritis Foundation,



ARIZONA DEPARTMENT OF HEALTH SERVICES
Health and Wellness for All Arizonans



azstopfalls.org