
Tai Chi for Health Institute's Tai Chi for Arthritis and Falls Prevention Skill Development

Phoenix, Sunday, May 5, 2019



Who should attend?

Everyone interested in beginning tai chi or developing an existing tai chi practice. Apply Tai Chi principles, proven teaching method. Tai Chi for Health - making Tai Chi accessible to everyone, offering a progression to suit individual goals.

What is Tai Chi?

A gentle exercise that combines breathing, slow movement, and mental focus.

Proven to reduce falls, increase overall wellness, and quality of life.

What are the benefits?

- Increase strength, balance, resilience
- Reduce stress and increase relaxation
- Prevent falls
- Improve posture, structural alignment
- Enhance memory and cognition
- Have fun in a safe, welcoming space

Cost: \$30 Open to all levels and for certified instructor mentorship Arthritis and Falls Prevention, TCA2. Group practices to support various skills levels.

When/Where: Sunday May 5, 2019. 10 am till 2 pm.

Foundation for Senior Living. 1201 E Thomas Rd, Phoenix, AZ 85014

Reserve your space: email events@heatherchalon.com

Evidence-based program recommended by CDC, Health Departments, Arthritis Foundation, Administration on Aging.

Lead by Heather Chalon, MPH, Master Trainer

Information at www.heatherchalon.com