



*A program of the North Central  
Texas Council of Governments.*



# Tai Chi for Arthritis and Fall Prevention

This beginner workshop is free  
and participation is limited to people aged 60+.

Do you want to improve your balance and mobility?

Reduce your risk of falls?

Strengthen your body and improve flexibility?

Improve relaxation?

Strengthen your immune system?

Tai Chi originated in China and is one the most effective exercises for the health of mind and body. This program consists of 16 online classes, held twice a week, for one hour. The workshop is limited to 10 registrants, and each class builds upon the previous ones.

## **Online – Zoom Platform**

Mondays and Wednesdays

July 21st -September 15th, 2024 (skipping 9/1)

1:00 pm – 2:00 pm

To register, contact Kim Mathis at (940) 999-1024 or

[kmathis@nctcog.org](mailto:kmathis@nctcog.org)