

Tai Chi for Arthritis & Fall Prevention

Classes Offered at the Cedar Falls Recreation Center!

**Tuesdays & Thursdays from 9–9:45am
from September 3–October 24 (8-week session)**

110 E. 13th St., Cedar Falls (Multi-purpose Room)



Beginners welcome!

No previous experience needed and participants do not need to be Rec Center members to attend.

Introductory Rate!

\$20/session: Rec Center Members (=\$1.25/class)

\$50/session: Non-Rec Members (=\$3.125/class)



Contact the Rec Center at (319) 273-8636 to register. Class size is limited, call early! Please sign up by August 26, at the latest. Minimum number of participants needed in order to hold the session.

Tai Chi is an ancient Chinese exercise program that promotes strength, flexibility and balance. This is a low-impact, relaxing form of exercise that is ideal for older individuals. Tai Chi focuses on the mental and spiritual aspects of Chinese martial arts integrated into movement. Individuals will learn warm-up, cool down and 12 introductory forms. Modifications can be made for those who need to remain seated for all or most of the class. The Tai Chi for Arthritis and Fall Prevention classes will be taught by trained leader, Erin Berger.

How does Tai Chi help arthritis & prevent falls?

Tai Chi has been shown to:

- Improve balance
- Increase leg strength
- Reduce fear of falling
- Improve mobility
- Increase flexibility
- Improve psychological health

Cedar Falls
THE REC CENTER

