

Tai Chi

for Arthritis and Fall Prevention



Beginners Tai Chi:

Mondays and Wednesdays at 2 p.m.
Tuesdays and Thursdays at 10 a.m.

Classes held at
The Montoya Senior Center
245 N. Thorpe Rd., Flagstaff

Improve joint pain, balance, strength and flexibility.

Fall risk can be associated with muscle weakness, poor balance, pain, poor flexibility and lack of confidence when moving. Studies have shown tai chi is one of the most effective exercises for preventing falls. Tai chi can help address these concerns with gentle, easy and modifiable exercise.

This FREE class teaches the exercise recommended by the Center for Disease Control and Prevention (CDC) for fall risk prevention.

To register contact Shawn Bowker, BSN, RN, CEN, CFRN, at:
Shawn.Bowker@NAHealth.com, or 928-214-3973



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NAHealth.com/fall-prevention