



TAI CHI FOR ARTHRITIS AND FALL PREVENTION

**FREE CLASSES FOR ADULTS
AT THE RUSSELL COUNTY EXTENSION OFFICE
2688 S. Hwy. 127, Russell Springs**

**March 8th - April 28th
10:00 - 11:00 a.m., Wednesdays & Fridays**

Tai Chi is an ancient Chinese martial art. Tai Chi for Arthritis and Fall Prevention was developed by Dr. Paul Lam and a team of medical experts. It is a gentle, easy to learn form of exercise that promotes relaxation and mental focus. Tai Chi for Arthritis has been proven effective in helping to relieve arthritis pain and stiffness. It may be performed from a seated position or standing up. Tai Chi, in standing form, has been proven to improve balance and prevent falls.

**For more information or to register
Call the Russell County Extension Office at 270-866-4477.**