



Online Tai Chi for Arthritis & Falls Prevention

Tuesdays &
Thursdays
Sept. 22—Dec. 1
20 sessions

10:30 - 11:30AM

Online via Zoom

Classes are FREE!

To register, visit:
bit.ly/taichisept22

or contact:

Lauryn Lin
lrlin@msu.edu
734-727-7407

You will receive the Zoom
link and password after
registering.



Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

Tai chi:

- Increases strength
- Improves balance and posture
- Prevents falls
- Strengthens mind, body, and spirit
- Reduces stress and increases relaxation

Modifications will be provided for those who want to participate seated or standing.



Accommodations for persons with disabilities may be requested by contacting Lauryn Lin at (734) 727-7407 or lrlin@msu.edu by September 8, 2020 to make arrangements. Requests received after this date will be fulfilled when possible.