



# Online Tai Chi for Arthritis & Falls Prevention

Free 10-week class  
online via Zoom

*Please plan to join with a  
camera if possible*

**Mondays &  
Wednesdays**

1:00—2:00 PM EST  
Jan 11 — March 17

*Register:*

[bit.ly/taichi2021monwed](https://bit.ly/taichi2021monwed)

or

**Tuesdays &  
Thursdays**

3:30 - 4:30PM EST  
Jan 12 — March 18

*Register:*

[bit.ly/taichi2021tuesthurs](https://bit.ly/taichi2021tuesthurs)

For more info, contact:

Lauryn Lin

[lrin@msu.edu](mailto:lrin@msu.edu)

You will receive a Zoom link and  
password will 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

This class will introduce 12  
beginner tai chi forms.



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

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Accommodations for persons with disabilities may be requested by contacting Lauryn Lin at [lrin@msu.edu](mailto:lrin@msu.edu) by December 28, 2020 to make arrangements. Requests received after this date will be fulfilled when possible.

