



TAI CHI FOR BEGINNERS

An Online Virtual Series of Classes

Tuesdays & Thursdays, 1:30 p.m.-2:15 p.m., Jan. 16 – March 7

All Ages Are Welcome

Decrease Arthritis Pain and Helps Prevent Falls • Increased Flexibility
Can be Done Seated or Standing • Improve Physical and Mental Balance



WHERE: Virtual Classes [Register to receive a Zoom link for access to these classes]

COST: No charge- courtesy of OSU Extension

Please **register asap** to reserve your spot!

REGISTER: <https://go.osu.edu/taichi-winter2024>

Registration closes Monday, Jan. 8

Please use 2023 as the year on the waiver form.

For more information, contact Caitlin Smith-Mathews Mathews-smith.1@osu.edu or Lorrissa Dunfee dunfee.54@osu.edu You may also contact your local County OSU Extension office for more details.

Developed by Dr. Paul Lam at the Tae Chi for Health Institute (TCHI) the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults.



THE OHIO STATE UNIVERSITY

EXTENSION

Belmont County OSU Extension
belmont.osu.edu

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