



# TAI CHI FOR BEGINNERS

An Online Virtual Series of Classes

Tuesdays, & Thursdays, 2:30-3:30 p.m., Feb. 2 – April 11

*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/tai-chi-2023>

For more information, contact Lorrissa Dunfee [dunfee.54@osu.edu](mailto:dunfee.54@osu.edu) or Rae Baker [baker.782@osu.edu](mailto:baker.782@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.*



Belmont County OSU Extension  
[belmont.osu.edu](http://belmont.osu.edu)



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