

TriHealth presents:

Tai Chi for Health Classes

This program is made possible with generous support from The Bethesda Foundation.



This 8-week series will be taught by a certified Tai Chi for Health Physical Therapist and Occupational Therapist and can be done seated or standing.

Benefits of Tai Chi include:

- Improved balance
- Increased leg strength through low impact exercises
- Reduced fear of falling
- Improved mobility
- Increased flexibility from practicing a series of slow movements and deep breathing

Reserve your spot today. Space is limited.

In-person classes will be offered on 8 consecutive Wednesdays:

April 9th to May 28th, 2025
11:00am to Noon

Bethesda Fitness Center
10552 Montgomery Rd
Cincinnati, OH 45242

Class Sessions

April 9, 2025
April 16, 2025
April 23, 2025
April 30, 2025
May 7, 2025
May 14, 2025
May 21, 2025
May 28, 2025

Reserve online at
[TriHealth.com/SeniorityClasses](https://www.trihealth.com/SeniorityClasses)
or call 513 569 5400



TriHealth.com