

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:

**March 5th through April 23rd, 2025
11:00am-Noon**

**Group Health West Chester
8040 Princeton Glendale Road
West Chester, OH 45069**

Class Sessions

**March 5, 2025
March 12, 2025
March 19, 2025
March 26, 2025
April 2, 2025
April 9, 2025
April 16, 2025
April 23, 2025**

Reserve online at
TriHealth.com/SeniorityClasses
or call 513 569 5400



TriHealth.com