

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 Thursdays:

April 9 to May 28, 2026

12:15pm to 1:15pm

**Anderson Township Senior Center
7970 Beechmont Avenue
Cincinnati, OH 45255**

Class Sessions

April 9, 2026

April 16, 2026

April 23, 2026

April 30, 2026

May 7, 2026

May 14, 2026

May 21, 2026

May 28, 2026

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



TriHealth.com