

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 Thursdays:

**October 3rd to November 21<sup>st</sup> 2024**  
**11:00am to 12:00am**

**Bethesda Fitness Center**  
**10552 Montgomery Rd**  
**Cincinnati, OH 45242**

## Class Sessions

October 3, 2024  
October 10, 2024  
October 17, 2024  
October 24, 2024  
October 31, 2024  
November 7, 2024  
November 14, 2024  
November 21, 2024

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



TriHealth.com