

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 Mondays:

October 5 to November 23, 2026
2:00pm to 3:00pm

TriHealth Fitness & Health Pavilion
6200 Pfeiffer Road
Room A & B
Cincinnati, OH 45242

Class Sessions

October 5, 2026
October 12, 2026
October 19, 2026
October 26, 2026
November 2, 2026
November 9, 2026
November 16, 2026
November 23, 2026

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



TriHealth.com