

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:

**August 27 to October 15, 2026**  
**1:00pm to 2:00pm**

**Mason Community Center**  
**6050 Mason-Montgomery Road**  
**Mason, OH 45040**

## Class Sessions

August 27, 2026  
September 3, 2026  
September 10, 2026  
September 17, 2026  
September 24, 2026  
October 1, 2026  
October 8, 2026  
October 15, 2026

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



[TriHealth.com](https://TriHealth.com)