

TriHealth presents:

# Tai Chi for Health Classes

This program is made possible with generous support from Good Samaritan Hospital 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:

**Sept. 4, 2024 to Oct. 23, 2024**  
**11:00am-Noon**

**Good Samaritan Western Ridge**  
**6949 Good Samaritan Drive**  
**Cincinnati, OH 45247**  
**WR West Side 1 Teaching Kitchen**

## Class Sessions

September 4, 2024  
September 11, 2024  
September 18, 2024  
September 25, 2024  
October 2, 2024  
October 9, 2024  
October 16, 2024  
October 23, 2024

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



TriHealth.com