

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:

**April 8 to May 27, 2026
11:00am-12:00 (Noon)**

**Good Samaritan Western Ridge
6949 Good Samaritan Drive
Teaching Kitchen
Cincinnati, OH 45247**

Class Sessions

April 8, 2026
April 15, 2026
April 22, 2026
April 29, 2026
May 6, 2026
May 13, 2026
May 20, 2026
May 27, 2026

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



TriHealth.com