

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 Wednesdays:

**August 20 to October 15, 2025
2:00pm to 3:00pm**

**TriHealth Kenwood
8240 Northcreek Road
Groneman Conference Rm A & B
Cincinnati, OH 45236**

Class Sessions

August 20, 2025
August 27, 2025
September 3, 2025
September 10, 2025
September 17, 2025
October 1, 2025
October 8, 2025
October 15, 2025

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



TriHealth.com