

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 Wednesdays:

Jan 8th, 2025 to Feb 26th, 2025
2:00pm-3:00pm

Mason Community Center
6050 Mason Montgomery Rd
Mason, OH 45040

Class Sessions

January 8, 2025
January 15, 2025
January 22, 2025
January 29, 2025
February 5, 2025
February 12, 2025
February 19, 2025
February 26, 2025

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



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