

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:

**September 11<sup>th</sup>- October 30<sup>th</sup>, 2025**  
**1:00pm to 2:00pm**

**Mason Community Center**  
**Rm: Studio B**  
**6050 Mason Montgomery Road**  
**Mason, OH 45040**

## Class Sessions

September 11, 2025  
September 18, 2025  
September 25, 2025  
October 2, 2025  
October 9, 2025  
October 16, 2025  
October 23, 2025  
October 30, 2025

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



TriHealth.com