



Tai Chi for Arthritis was developed by medical professionals to improve flexibility, strength and fitness.

Tai Chi also helps to relieve pain, improve physical function, increase balance and reduce the risk of falls.

Tai Chi is a powerful mind-body exercise which helps to reduce stress and improve relaxation.

Tai Chi for Arthritis and Falls

Join us at the

Linwood Crump Shiloh Community Center

121 Shiloh Rd Asheville, 28803

October 3rd through November 30th, 2023

Tuesdays and Thursdays

1:30 - 2:30

New and returning students welcome.

Registration Required-Contact Brea at
brea@landofsky.org or call 828-251-7438

Designed to build strength and improve balance.

Classes are open to the public and offered at **NO CHARGE**
for adults over 60: Funded by the Older Americans Act