

TAI CHI

FOR ARTHRITIS AND FALLS PREVENTION

*Improve stability, strength, and
mental health.*

Enhance balance, mobility,
and coordination.

Reduce falls and fear
of falling.

Gain serenity through
gentle, flowing movements.



**For more information, please call
Winnebago County Public Health at
920-232-3000 or email
health@winnebagocountywi.gov**

**Classes at various locations throughout
Winnebago County**

Suggested Donation of \$15

