

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



Public Health
Prevent. Promote. Protect.
Winnebago County, WI

