

# 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.



**Tuesdays, July 16 - August 6**  
**10:30 - 11:30 am**

**Smith Park Pavilion**  
**338 Cleveland St, Menasha**

*Registration Fee of \$15*

**Register with Winnebago County Public Health**

Call 920-232-3000 or email [health@winnebagocountywi.gov](mailto:health@winnebagocountywi.gov)



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

