

Tai Chi Classes

TAI CHI

Tai Chi for Arthritis and Fall Prevention is a program developed in cooperation with the Arthritis Foundation.

The class is led by Julie Kaminski, a certified Tai Chi for Arthritis and Fall Prevention instructor.

Tai Chi uses slow, graceful movements to improve balance, reduce stress and offer pain relief. It is a natural arthritis workout.



Tai Chi – A Gentle Exercise for People with Chronic Pain

**New Class Starting
July 12th, 2021:**

Class will be every Monday,
1:00 PM at

**Leroy Township Hall
8156 4 Mile Road
East Leroy, MI 49051**

Please register 269-986-1583

Free to residents of Calhoun County 60 years of age and older thanks to support from Calhoun County Senior Services.

Class size is limited.

Must pre-register by calling Senior Health Partners, **269-986-1583**.



**Senior Health
Partners**