

# Lifespan Offers Tai Chi for Arthritis



## What is tai chi?

Tai chi combines gentle, fluid movements with deep breathing.

### Tai chi:

- Increases strength and balance, reduces stiffness and increases range of motion.
- Prevents falls.
- Improves mind, body and spirit.
- Reduces stress/increases relaxation.



# Tai Chi for Arthritis

- We focus on weight transference, upright posture and imagining resistance.
- We concentrate on breathing from diaphragm to promote calm and peace.

Tai Chi for Arthritis can be practiced sitting as well as standing, almost anyone, of any physical condition, can begin and continue to progress regardless of age.

- We use the Sun Style, developed by Dr. Paul Lam, Tai Chi for Health Institute.
- We offer 16 one-hour classes per series. Classes include warm-ups, six basic forms, six advanced forms, cool-downs.

Lifespan holds tai chi in multiple locations throughout the year.

We ask for a donation of \$20 per 16 class series.



Go to [lifespanrochester.org](http://lifespanrochester.org)  
to view locations, times and to register.  
Or call Lifespan at 585-244-8400.