



Tai Chi Tuesdays



March 18 - May 6, 2025

11:00 am - 12:00 pm

Tai chi is an ancient Chinese practice that combines slow and gentle movements with deep breathing. This exercise can:

- Increase strength, balance, and posture
- Prevent the risk of falls,
- Improve the mind, body, and spirit

This program is for seniors age 60 and older individuals with arthritis or chronic health issues of any age. Those with no previous Tai Chi experience who want to try a gentle form of exercise with great health benefit are welcome!

Use the QR Code or Register here:

www.sullivancce.org/events

or call (845) 292-6180 x 122

sullivancrc@cornell.edu

