

Tai Chi for Arthritis & Fall Prevention

Beginners and experienced participants are welcome

CCE Sullivan is pleased to provide you with our services.

Our Tai Chi program is funded by the Older Americans Act through the NYS Office for the Aging, NYS Department of Health, and your donations. No one will ever be denied services because of an inability or unwillingness to contribute.

Your donations are appreciated.

Suggested amount: \$25 for all 12 classes or \$5 per class.

Tuesdays & Thursdays

(*Except 12/10)

Time: 10:00 am -10:45 am

3 Ways to Register:

1. Scan the QR Code
2. Go to www.sullivanccce.org/events to register
3. Call 845-292-6180 x 122 or email nam247@cornell.edu



Cornell Cooperative Extension | Sullivan County

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