



Tai Chi for Arthritis & Falls Prevention

For beginners and those who want a refresher

APRIL 27 to JUNE 18, 2026

Mondays & Thursdays

(No Class May 25)

Time: 3:00 - 4:00 pm

A one-time donation of \$25 is appreciated

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 be denied services because of an inability or unwillingness to contribute.

Your donations are appreciated.

Cornell Cooperative Extension Sullivan County is an equal opportunity educator, provider, and employer.



4 Ways To Register:

Scan the QR Code

Go to www.sullivanccc.org/events

Call 845-292-6180 ext. 122

OR email us at:

sullivancrc@cornell.edu

Cornell Cooperative Extension | **Sullivan County**

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