



Tai Chi

Winter 2026

Tai Chi for Arthritis & Fall Prevention for beginners with none to little experience



Tuesdays

11/10, 11/17, 11/24

12/1, 12/8, 12/15, 12/22, 12/29



11:00 am - 12:00 pm



**CCE Sullivan,
64 Ferndale-Loomis Rd.
Liberty, NY 12754**



**A one-time donation of \$25 or
\$5 per class is appreciated**

Pay by check or cash at class time, or pay online:
<https://sullivancce.org/donate>
(Note: add "Tai Chi WINTER 2026"
in the comments section for your donation)



Call: (845) 292-6180 ext. 122

Email: sullivancrc@cornell.edu



4 Ways To Register:

Scan the QR Code

Go to www.sullivancce.org/events

Call 845-292-6180 ext. 122

OR email us at: sullivancrc@cornell.edu



**Cornell Cooperative Extension
Sullivan County**

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 if unable to contribute. Your donations are appreciated.

64 Ferndale-Loomis Rd, Liberty, NY 12754 | (845) 292-6180 ext. 122 | sullivancrc@cornell.edu

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