



TriHealth presents:

Tai Chi for Health Classes

This **8-week series** will be taught virtually by a certified Tai Chi for Health Physical Therapist and Occupational Therapist. Tai Chi for Health can be done seated or standing. Virtual Classes will be offered on **Wednesdays, March-April from 1:15pm–2:15pm:**

March 2, 2022

March 9, 2022

March 16, 2022

March 23, 2022

March 30, 2022

April 6, 2022

April 13, 2022

April 20, 2022

Classes are **IN PERSON**
(Rm: WR West Side 1 and 2)
GSH Western Ridge
6949 Good Samaritan Drive
Cincinnati, OH 45247

To reserve your spot for this 8 week class click on Registration link:

<https://classes.trihealth.com/EchoNet/ClassEnrollment/SectionListing.aspx?link=179>

Or call (513) 569-5400. Space is limited

This program is funded with generous support from Bethesda Foundation and Ohio Department of Health.

Tai Chi Benefits:

- Improve your balance
- Increase your leg strength through low impact exercises
- Reduce your fear of falling
- Improve your mobility
- Increase your flexibility through a series of slow movements and deep breathing

