

*You're invited*  
**TO TRY TAI CHI FOR  
ARTHRITIS AND-  
FALL PREVENTION**



**Tai Chi for Arthritis**  
Dr Paul Lam | A Tai Chi for Health Program



**Tai Chi** for Arthritis is a class suitable for adults with or without arthritis, rheumatic diseases or related musculoskeletal conditions.

It is appropriate for people with mild to severe joint and back pain. Participants who are at higher risk of falling will greatly benefit from this class. This class is an excellent introduction to Tai Chi, as it is based on the Sun Style of traditional Tai Chi,

This class will train participants to practice by themselves at home, as part of their therapy and healthy improvement program. Full benefits can be achieved by practicing a half hour a day, at least four days per week.

Participants are strongly encouraged to stay within their comfort zone.

**Tuesdays & Thursdays  
Nov. 12– Dec. 19, 2024**

**From 2:00pm– 3:00pm**

**Rainberry Bay Clubhouse  
2801 S. Rainberry Bay Cir.  
Delray Beach**

**To register call Maureen  
772-521-4813**

- Tai Chi can build strength
- Tai Chi promotes socialization
- Tai Chi is done at your own pace
- Tai Chi can be done sitting down

Participants are required to commit to attend a minimum of 12 hours of Tai Chi lessons spread over 8 weeks

