

TAI CHI FOR ARTHRITIS

Office for the Aging is seeking individuals interested in joining a new Tai Chi series in **Richfield Springs**.
Improve strength and balance, reduce stress and prevent falls!

INTERESTED? PLEASE CALL 607-547-4232

Classes meet twice a week for 8 weeks. Participants must commit to a minimum of 11 classes to join. Classes are FREE and open to individuals age 60+

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