

**Otsego County Office for the Aging is pleased to be offering five upcoming**

# **TAI CHI FOR ARTHRITIS SERIES**

Tai Chi is an ancient Chinese practice that combines slow movements with deep breathing. Medical studies have shown that Tai Chi can reduce pain and increase flexibility for people with Arthritis as well as prevent falls for older adults. This twice a week, eight-week course is available to people age 60 and older. **There is no cost for the class, but voluntary, confidential contributions are welcome.**

## **UPCOMING SERIES INCLUDE:**

**United Methodist Church** located at 113 N. Main Street, Milford.  
Tuesdays and Thursdays from 10:00 – 11:00am beginning September 16th

**The Gathering Place 50+ Community Center** located at 5506 State Hwy 7, Oneonta  
Wednesdays and Fridays from 12:30 – 1:30pm beginning September 17th

**Connections at Clark Sports Center,** 124 County Hwy 52, Cooperstown  
Mondays and Thursdays from 12:15 – 1:15pm beginning September 22nd

**An Advanced Tai Chi series will begin on September 24th,** to be held at the Meeting House at Pathfinder Village from 10:30-11:30am. Participants must have already completed the 8-week Basic series.

In addition, a Tai Chi series is being planned for the Morris area based on interest/demand. Dates and location to be determined. Anyone interested is asked to please call Office for the Aging to express interest.



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**Pre-registration is required and a commitment to a minimum of 11 of the 16 sessions is necessary. Please call the Office for the Aging at (607) 547-4232 to reserve your spot for any of the above classes. Any community wishing to host Tai Chi for Arthritis classes is welcome to contact Office for the Aging to coordinate future series.**