

# TIPS FOR HEALTHY LIVING

## Arthritis Foundation Tai Chi® Program

Arthritis Foundation Tai Chi Program is a fun, joint friendly, recreational program led by specially-certified instructors designed to make a positive impact on your daily life. Participants learn a series of graceful, flowing movements adapted from the ancient Chinese discipline of Sun-style Tai Chi, plus special warm-up, cool-down and breathing exercises. Tai Chi may improve:

- Relaxation
- Balance and coordination
- Range of motion and flexibility
- Muscle strength and stamina
- Concentration and memory
- Feelings of well being
- Ability to manage pain
- And much, much more . . .

*Anyone* can benefit from the program, including those interested in maintaining healthy joints. Class size is limited; therefore, PRE-REGISTRATION IS REQUIRED.

Contact: **Arthritis Foundation, Michigan Chapter, 1050 Wilshire Drive, Suite 302, Troy, MI 48084-1564 (248) 649-2891 / 1-800-968-3030 /Fax (248) 649-2895 /internet address: <http://www.arthritis.org> / e-mail: [info.mi@arthritis.org](mailto:info.mi@arthritis.org)** for updated information regarding the location of classes closest to you!