

In 1997, Dr Paul Lam's team of Tai Chi and medical experts designed the program Tai Chi for Arthritis & Fall Prevention especially for people with arthritis and mobility challenges. This program is based on Sun style Tai Chi and is short and easy to learn. Tai Chi improves muscular strength, joint flexibility, balance, & overall fitness. The Arthritis Foundations of Australia, America, Arthritis Care UK, the CDC, & many others support this program because it is safe and effective.



Tai Chi Classes Resume Friday, September 6

Tai Chi for Arthritis and Fall Prevention Part 1, 10 a.m., is a 12-week program that introduces participants to core and extension movements. Each class starts with a gentle warm up; each movement is demonstrated and practiced, and each session builds on what was learned in the previous session. Because of this, drop-ins are not encouraged. Participants should plan to attend all 12 class sessions.

Note: Seated Tai Chi is an option for those who are more comfortable using a chair.

Tai Chi for Arthritis and Fall Prevention Part 2, 11 a.m., is a 12-week program that builds on skills developed in Tai Chi for Arthritis and Fall Prevention Part 1. This 12-week program adds a second set of movements to the flow previously learned. Registrants must have completed Tai Chi for Arthritis and Fall Prevention Part 1 or have the instructor's permission to enroll.

Note: Participants who previously studied with Ken Potter are encouraged to enroll in Tai Chi for Arthritis and Fall Prevention Part 2. This will help keep skills fresh and prepare participants for Ken's advanced classes when he returns.

Instructors: Angie Mullig, Tai Chi for Health Institute certified instructor;
Susan Delzell, Tai Chi for Health Institute certified instructor



Wilmerding Community Center

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