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FOR IMMEDIATE RELEASE

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Increase Your Health & Wellness with a FREE Tai Chi Workshop!

*Register to attend this evidence-based workshop
with the Area Agency on Aging for SWFL*

The *Tai Chi for Arthritis for Fall Prevention* program was designed to relieve pain, improve balance, and significantly reduce falls. Designed by a team of medical professionals and tai chi experts, the *Tai Chi for Arthritis for Fall Prevention* program is recommended by the Centers for Disease Control and Prevention (CDC) as an exercise to prevent falls and is supported by arthritis foundations worldwide.

Starting in October the Area Agency on Aging for Southwest Florida (AAASWFL), will offer two free *Tai Chi for Arthritis and for Fall Prevention* workshops for residents of Lee county. The first workshop, in partnership with Hope Lutheran Church in Bonita Springs, will begin on October 18th from 9am to 10am and will continue every Monday and Wednesday until December 15th. The second workshop, in partnership with Iona Hope Episcopal Church in Fort Myers, will begin on October 26th from 11am to 12pm and continue every Tuesday and Friday until December 17th.

The health benefits of the *Tai Chi for Arthritis and for Fall Prevention* program include: increased flexibility, muscle strength, and fitness; reduce stress and promote relaxation; improve immunity; lower cholesterol and blood pressure; and improve body posture.

Space is limited and advance registration is required. To register, contact Sarah Gualco, AAASWFL's Health & Wellness Coordinator at sarah.gualco@aaaswfl.org or by calling the Elder Helpline toll-free at 866-413-5337 (41-ELDER).

Funding for the *Tai Chi for Arthritis and for Fall Prevention* program is provided by the Florida Department of Elder Affairs.

The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties for more than 40 years. The organization is committed to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida.

More information is available by visiting the AAASWFL website (www.aaaswfl.org) or by calling the Elder Helpline: (866) 413-5337.

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Helpline: 1-866-413-5337

Charlotte | Collier | DeSoto | Glades | Hendry | Lee | Sarasota

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