

# Tai Chi for Arthritis

## For Fall Prevention

Ease Stress  
Reduce Pain  
Build Strength  
Improve Balance



8 week workshop  
Tuesdays & Thursdays  
March 1st to April 21st  
Time: 8:30—9:15am  
Location: Lake Kennedy Sr Center  
400 Santa Barbara Blvd, Cape Coral



Area  
Agency  
on Aging

FOR SOUTHWEST FLORIDA

Department of  
ELDER AFFAIRS  
STATE OF FLORIDA



**Space is Limited!**  
**Call to Register:**  
**239-242-3972**