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**FOR IMMEDIATE RELEASE**

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**Become a Certified Tai Chi for Arthritis Instructor!**

**FREE Certification with the Area Agency on Aging for SWFL**

**Southwest, FL (06/14/2022)—** The Area Agency on Aging for SWFL (AAASWFL) is seeking dedicated individuals to become certified Tai Chi for Arthritis Instructors and volunteer to lead workshops in their local community. Certification courses are led by Tai Chi for Health Institute Master Trainers and are offered virtually throughout the year. The cost of certification is entirely covered by AAASWFL with a volunteer commitment to lead Tai Chi for Arthritis workshops on behalf of the Area Agency on Aging for SWFL. Prospective instructors must be comfortable with leading older adults in a class setting, have the capacity to demonstrate and teach low-impact Tai Chi movements, and reside within AAASWFL’s service area (Charlotte, Collier, DeSoto, Lee, Hendry, Glades, or Sarasota Counties).

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.

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.

**To become a certified Tai Chi for Arthritis instructor**, please contact Liliana Hernandez, AAASWFL’s Health & Wellness Specialist at workshops@aaaswfl.org or by calling 239-652-6915.

Funding for the Tai Chi for Arthritis 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.