



OFFICE FOR THE AGING  
*-In collaboration with-*  
NY STATE DEPARTMENT OF HEALTH

## **TAI CHI** FOR *FALLS PREVENTION*

*Tai Chi is a gentle exercise and can be practiced by almost everyone!*

*It is shown to be safe and effective in improving balance, strength, arthritis, and falls prevention.*

*The Tai Chi program is designed for people who want to learn to relax, learn how to breathe, improve balance, strength, flexibility, and concentration.*

10 Week Program twice a week  
Beginning January 9, 2024  
Tuesdays & Thursdays at 10:30 am  
Tuxedo Parks & Recreation  
1 Temple Drive , Tuxedo NY

This Program is offered as part of the NYS  
Dept of Health Falls Prevention Program

### To Sign Up Contact:

Melanie Tanner  
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