

TAI CHI FOR ARTHRITIS

The Arthritis Foundation Tai Chi Program is a one hour workshop offered twice a week for six weeks. It has been proven to improve movement, balance, strength, flexibility, and relaxation.

Other benefits associated with this program include a decrease in pain and falls. Minimum age 60 years old.

TUESDAYS AND THURSDAYS

11:00 AM

September 22 - October 29, 2026

The John Trudel Community
Center at Dan Witt Park
4521 NE 22nd Avenue
Lighthouse Point 33064

Registration
Required!

lhp.recdesk.com

Improves
strength and
flexibility



Shown to
decrease pain
and falls



Improves
movement and
balance



Area Agency on Aging
of Broward County

Elder  **Affairs**
FLORIDA