

# TAI CHI FOR ARTHRITIS

Tai Chi for Arthritis is easy, enjoyable and safe for people with arthritis to learn.

Medical studies have shown that the program relieves pain for people with arthritis and improves their quality of life.

Tai Chi improves strength, flexibility, aerobic conditioning and balance. It's been proven to improve cardiovascular fitness, lower blood pressure and prevent falls

Come along and learn some tai chi moves and why tai chi can benefit people with arthritis.



Friday - 20th September

10:30am - 12:30pm

\$5 per session

Fulham Community Centre, 19 Fitch Road, Fulham SA 5024

## MORE INFORMATION

8235 1644

admin@fulhamcc.com.au

www.fulhamcc.com.au



*No need to book for this class, just come along!*