

Extension
UNIVERSITY OF WISCONSIN-MADISON

tai chi

for Arthritis and Fall Prevention

Tai chi is an **evidence-based**, **low-impact**, **slow-motion** exercise that originated in China as a martial art. It involves a series of gentle movements, physical postures, controlled breathing, and a meditative state of mind. Free program and open to all. No experience necessary. Limited to 12 participants

Series Length:	Time:	Location:
6/1/26 - 7/15/26	Mondays & Weds 10am-11am	CMN Campus Commons

To Register: Scan QR Code below or call Miranda at (715) 701-5304 to receive a registration link

Benefits:

- Improve strength, flexibility, and balance
- Reduce the risk of falling in older adults by up to 45%
- Help with stress reduction and emotional well-being
- Can help improve sleep, cognition, and memory

An EEO/AA employer, University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.