

# TAI CHI

## FOR ARTHRITIS AND FALLS PREVENTION

*Improve stability, strength, and mental health.*

Enhance balance, mobility, and coordination.

Reduce falls and fear of falling.

Gain serenity through gentle, flowing movements.



**Tuesdays: May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**  
**11:30 am to 12:15 pm**

**Jefferson Park West Pavilion**  
**989 Kargus Dr, Menasha**

**Register with the Menasha Senior Center**  
**Call 920-967-3530**

*Suggested Donation of \$15 for class series*

