

# 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.



**For more information, please call  
Winnebago County Public Health at  
920-232-3000 or email  
[health@winnebagocountywi.gov](mailto:health@winnebagocountywi.gov)**

**Classes at various locations throughout  
Winnebago County**

*Suggested Donation of \$15*

