



HEALTH & WELLNESS

Warren County Tai Chi Workshops

Council on Aging Health & Wellness Tai Chi workshops were recently held at Countryside YMCA locations in Lebanon, Landen and Otterbein

Council on Aging (COA) partners with area organizations throughout southwest Ohio to offer a variety of free health and wellness programs designed with older adults and caregivers in mind. The goal: to help them better manage their own health.

Warren County's Countryside YMCA hosts Tai Chi for Arthritis and Fall Prevention workshops at the main location in Lebanon, and in Landen and Otterbein.

"Participants love the class," said Zach McCollum, Senior Executive Manager of Programs. "In fact, one of the most common questions we get is, 'when will the next session start?'"

Debbie Parshall, Otterbein Active Older Adult Director, agrees. "The residents at Otterbein have loved the Tai Chi classes. A participant, Paul, mentioned to me that Tai Chi is the most helpful class he has taken for his balance."

As far as working with Council on Aging, McCollum highly recommends it. "Do it. It's been a smooth partnership from the start. The programs are a great addition to our class offerings."

Interested in becoming a host site sponsor?

Council on Aging is seeking additional host sites for its workshops throughout its service area of Butler, Clermont, Clinton, Hamilton and Warren counties. COA will work closely with you to set your location up as a host site and to schedule and support your workshops.

Please contact [Judy Eschmann](#) if interested.