Anne Arundel County Department of Aging and Disabilities Presents

Tai Chi for Arthritis and Fall Prevention Workshops



Presented by: James Gummer

Certified Tai Chi Health Institute Instructor

Mondays - Brooklyn Park

November 2nd to December 21st

10:00 a.m. to 11:00 a.m.

Brooklyn Park
Senior Activity Center

202 Hammonds Lane,
Baltimore, MD 21225

Register at the center or call 410-222-6847

We are excited to continue the Tai Chi for Arthritis and Fall Prevention program. This program is for older adults with or without arthritis, rheumatic diseases, or related musculoskeletal conditions.

People who complete the 8-week program experience:

- Improved balance and mobility
- Improved strength and flexibility
- Improved relaxation
- Decreased pain and falls

Anyone needing accommodations must contact Ryan Shupp at 410-222-4336 or health_wellness@aacounty.org at least 7 days prior to the event. Individuals who use Maryland Relay call 711 for assistance. All materials are available in alternate formats upon request.