



# TAI CHI FOR HEALTH WORKSHOP

**Tai Chi for Arthritis Part 2 (Forms 7-12)**

**When:** Wednesdays and Fridays July 17 – Aug 30  
July 17, 19, 24, 26, 31, Aug 2, 7, 9, 14, 16, 21, 23, 28, 30

**Time:** Wednesdays and Fridays 3:00-3:45pm

**Where:** Stony Brook Specialty Care Center  
500 Commack Rd, Commack

**Cost:** Free, must register in advance

**To Register or Questions Contact:**  
Debora Rippel, Senior Public Health Educator  
631-853-2928

This program is offered as part of the NYS Department of Health  
Older Adult Fall Prevention Program

## What it is?

---

Tai chi is an ancient Chinese practice that combines slow moving with deep breathing.

---

## Benefits of Tai Chi for Health:

---

- Increase strength, balance and posture
  - Prevent falls
  - Improve mind, body and spirit
  - Reduce stress and increase relaxation
- 



Stony Brook  
Trauma Center

