



**Mondays  
&  
Wednesdays**

**1:00 pm  
to  
2:00 pm**

**FREE  
Classes**

# Tai Chi for Arthritis and Fall Prevention



**Clarke County  
Hospital**

An Affiliate of  UnityPoint Health

These Tai Chi classes are suitable for every fitness level and for anyone aged 60+ wanting to improve balance and coordination, along with those wanting to maintain or improve mobility.

Osceola Senior Center  
114 S Fillmore St. Osceola, IA  
October 23 - December 11, 2023  
1:00 pm - 2:00 pm

The Centers for Disease Control and Prevention, among many other organizations, recommend this program for fall prevention and health.

Tai Chi is also a mind/body exercise and those who practice it often experience less depression and enhanced immunity and improve many aspects of their health.

**TO REGISTER PLEASE CONTACT:**

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