

Tai Chi for Arthritis Workshop

Offered by:

The Retired & Senior Volunteer Program (RSVP) &
George F. Johnson Memorial Library

Dates: April 16, 2024 – June 7, 2024

Days and Time: Tuesdays & Fridays 1:00PM – 2:00PM

Location: George F. Memorial Library
1001 Park St.
Endicott, NY 13760

The Tai Chi for Arthritis Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

This class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements.

Classes are free and open to the public.

To register, or for more information/questions contact Donna at (607) 785-4747 or email: frye.donna@rocketmail.com