



TAI CHI FOR BEGINNERS

Thursdays -- 11:15 AM – 12:15 PM – January 4 – April 25, 2024

Decrease Arthritis Pain and Help Prevent Falls • Increase Flexibility
Can be Done Seated or Standing • Improve Physical and Mental Balance

WHERE: The Connection Center at Community Development for All
People (911 Parsons Avenue, Columbus, OH 43206)

COST: No charge - courtesy of OSU Extension

REGISTER: <https://go.osu.edu/FranklinCountyTaiChi>

*Please note that by registering you are committing to the full series.
It is okay to miss an occasional session, but sessions do build on one another.*

FOR MORE INFORMATION: Contact instructor Jenny Lobb by email at
lobb.3@osu.edu or by phone at 614-292-7775



*Developed by Dr. Paul Lam at the Tai Chi for Health Institute (TCHI) the program utilizes
Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults.*



THE OHIO STATE UNIVERSITY
EXTENSION

OSU Extension Franklin County
franklin.osu.edu

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