



CONTINUE TO PRACTICE TAI CHI

The first Thursday of the month – May 2, June 6 & August 1
No class on July 4. Happy Independence Day!

11:15 AM – 12:15 PM

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

Parking is available on Stanley Avenue and in the lot across the street on Parsons Avenue.

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

***Another instructor, Misty Harmon, offers a weekly tai chi review, most weeks, on Wednesdays at 8:30 am via Zoom. If interested, contact her at harmon.416@osu.edu for more information and the link to join.*

Developed by Dr. Paul Lam at the Tai Chi for Health Institute (TCHI) the Tai Chi for Arthritis 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

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.