

BOONE COUNTY

Synergy Holistic Health
7413 US Highway 42
Florence KY 41042
859-525-5000

BULLITT COUNTY

Bullitt Co Health Dept
181 Lees Valley Rd
Shepherdsville, KY 40165
502-955-5355

CAMPBELL COUNTY

First Presbyterian Church
220 S Fort Thomas Ave
Fort Thomas, KY 41075
859- 441-3938

DAVISS COUNTY

HealthPark
1006 Ford Avenue
Owensboro, KY 42301
270-688-5433

JEFFERSON COUNTY

Norton Health & Wellness
1000 Dupont Rd
Louisville, KY 40207
502-629-1234

KENTON COUNTY

Atria Highland Crossings
400 Farrell Drive
Fort Wright, KY 41011
859-341-0777

Elsmere Senior Center

179 Dell Street
Elsmere, KY 41018
859-727-2306

Silverlake Recreation Center

301 Kenton Lands Road
Erlanger, KY 41018
859-426-7777

OLDHAM COUNTY

Senior Center Activity Building
Tri-County Community Action
1015 Dispatchers Way
LaGrange, Ky. 40031
502-222-1349 x 240

SHELBY COUNTY

Shelby Fit for Life
169 Alpine Drive
Shelbyville, KY 40065
502- 647-7867

WARREN COUNTY

Community Action Southern KY
200 E. 4th Avenue
Bowling Green, KY 42101
270-782-3162

Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.

The program itself consists of 12 movements — 6 basic and 6 advanced — a warm up and a cool down. Once becoming familiar with the 12 movements, the program is designed to provide continual challenge by reversing the direction of the movements.

This program was derived and adapted from the Tai Chi for Arthritis program and includes copyrighted materials belonging to Dr. Paul Lam and Tai Chi Productions.

With Arthritis Foundation programs, you can strengthen muscles, improve flexibility and boost your mood and self-confidence. Taught by nationally certified instructors, the **Arthritis Foundation's Life Improvement Series** empowers people with arthritis through aquatic, exercise and self-help programs that are proven to increase mobility, reduce pain and stiffness, and physician visits.

The **Arthritis Foundation Tai Chi Program** uses the Sun Style of Tai Chi. The agile steps and exercises improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. If you have any questions about any program, call us at 800-383-6843. Also visit our website at www.arthritis.org

Arthritis Foundation

Tai Chi Program



Kentucky

**Ohio River Valley
Great Lakes Region
800-383-6843**