



Foundation Exercise (*formerly PACE*) Low-impact, joint-safe exercise program helps decrease arthritis pain and relieve stiffness. Led by Arthritis Foundation certified instructors.

Tai Chi from the Arthritis Foundation – Tai Chi is a fluid, yet controlled exercise program that originated in China more than 600 years ago. The slow, synchronized movements are easy to learn. Led by Arthritis Foundation certified instructors.

Tai Chi
Mount Carmel Wellness Center
55 N. High St.
New Albany, OH 43054
(614) 855-4551

Tai Chi & Arthritis Foundation Exercise
Hilliard Senior Center
3800 Veterans Memorial Drive
Hilliard, OH 43026
(614) 876-5200

Tai Chi
Martin Janis Center
600 E 11th Avenue
Columbus, OH 43211
(614) 645-5954

Tai Chi & Arthritis Foundation Exercise
YMCA – Southwest Community Center
3500 First Ave.
Urbancrest, OH 43123
(614) 875-1456

Tai Chi & Arthritis Foundation Exercise
Marion Franklin Recreation Center
2801 Lockbourne Road
Columbus, OH 43207
(614) 645-3612

Tai Chi
Dodge Recreation Center
667 Sullivant Avenue
Columbus, OH 43215
(614) 645-3176

For exercise opportunities outside Franklin County, call (888) 832-4673.

Revised 8/7/07

