



Tai Chi from the Arthritis Foundation is a fun, joint friendly, recreational program led by specially-certified instructors designed to make a positive impact on your daily life. Participants learn a series of graceful, flowing movements adapted from the ancient Chinese discipline of Sun-style Tai Chi, plus special warm-up, cool-down and breathing exercises. Tai Chi may improve:

- Relaxation
- Balance and coordination
- Range of motion and flexibility
- Muscle strength and stamina
- Concentration and memory
- Feelings of well being
- Ability to manage pain
- And much, much more . . .

**Anyone can benefit from the program, including those interested in maintaining healthy joints as well as those living with mild to moderate arthritis.**

Class size is limited; therefore, PRE-REGISTRATION IS REQUIRED. Please call individual sites for information about class schedules and costs. All listed sites are members of the Arthritis Foundation Exercise Alliance. If you don't see your community listed, please call the Arthritis Foundation for more information. New classes are forming now!

**ARTHRITIS FOUNDATION CLASSES ARE BEING OFFERED IN THE FOLLOWING COUNTIES:**

**CRAWFORD COUNTY**

**GRAYLING**

Crawford-AuSable  
Community Education  
AuSable Primary School  
306 Plum Street  
(989) 348-6137

**DELTA COUNTY**

**ESCANABA**

Escanaba Civic Center  
225 North 21<sup>st</sup> Street  
(906) 280-1083

**GENESEE COUNTY**

**GRAND BLANC**

American House Grand Blanc  
12640 Holly Road  
(810) 694-7300

**GRAND TRAVERSE**

**TRAVERSE CITY**

Premier Health & Fitness  
1209 Garfield  
(231) 935-0690

**INGHAM COUNTY**

**MASON**

First United Methodist  
Church of Mason  
201 E Ash St  
(517) 676-9449

**JACKSON COUNTY**

**JACKSON**

Jackson Dept on Aging  
Crouch Senior Center  
1715 Lansing Avenue  
(517) 768-2149

**- Over please -**

**KALAMAZOO**

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Auro Physical Therapy  
7900 Owen Drive  
(269) 903-2273

YMCA Maple Branch  
1001 West Maple St  
(269) 345-9622

**KENT COUNTY**

**WYOMING**

Aurora Pond  
Retirement Community  
2380 Aurora Pond Dr  
(616) 530-2511  
*RESIDENCY NOT REQUIRED*

**MACOMB COUNTY**

**CLINTON TOWNSHIP**

The Gardens of Clinton  
24500 Metropolitan Parkway  
(586) 790-1100

**WARREN**

Macomb Community College  
Macomb Oakland Regional Ctr  
16200 19 Mile Road  
(586) 498-4000

Windemere Park Independent &  
Assisted Living  
31800 Van Dyke  
*RESIDENTS ONLY, PLEASE*

**MANISTEE COUNTY**

**MANISTEE**

West Shore Medical Center  
4165 East Parkdale Avenue  
(231) 398-1520

**MUSKEGON COUNTY**

**MUSKEGON**

Access Health  
1200 Ransom  
(231) 728-5180  
*CLASSES FOR ADULTS &  
CHILDREN*

AgeWell Services  
Tanglewood Park  
560 Seminole Rd  
(231) 733-8643

**NEWAYGO COUNTY**

**FREMONT**

Tamarac Wellness Facility  
Gerber Memorial Hospital  
6907 W. 48<sup>th</sup> Street  
*CLIENTS ONLY, PLEASE*

**OAKLAND COUNTY**

**PONTIAC**

American House Oakland  
1915 Baldwin Road  
*RESIDENTS ONLY, PLEASE*

**ROCHESTER**

Crittenton Hospital Medical Center  
1101 W. University Drive  
(248) 652-5269

**ROCHESTER HILLS**

American House Elmwood  
2251 West Auburn Rd  
*RESIDENTS ONLY, PLEASE*

American House The Village  
3617 S. Adams Rd  
*RESIDENTS ONLY, PLEASE*

**SOUTHFIELD**

Alzheimer's Association  
Greater Michigan Metro Detroit  
20300 Civic Center Drive, Ste. 200  
*INDIVIDUALS WITH MEMORY  
DISORDER ONLY, PLEASE*

American House Southfield  
27577 Lahser Rd  
*RESIDENTS ONLY, PLEASE*

**WEST BLOOMFIELD**

Family Aquatic Center  
6200 Farmington Rd.  
(248) 451-1900  
*RESIDENCY NOT REQUIRED*

**OTTAWA COUNTY**

**ZEELAND**

Zeeland Community Hospital  
8333 Felch Street  
(616) 748-2834

**ROSCOMMON COUNTY**

**ROSCOMMON**

The Craf Center  
606 Lake Street  
(989) 821-4419

**WAYNE COUNTY**

**CANTON**

Summit on the Park  
46000 Summit Parkway  
(734) 394-5460  
*RESIDENCY NOT REQUIRED*

**DEARBORN HEIGHTS**

American House Dearborn Heights  
26600 Ann Arbor Trail  
(313) 278-6430

**DETROIT**

Hannan House  
4750 Woodward Avenue  
(313) 833-1300 X15

**GARDEN CITY**

Maplewood Community Center  
31735 Maplewood  
(734) 793-1850

**GROSSE POINTE**

Neighborhood Club  
17150 Waterloo  
(313) 885-4600

**WAYNE COUNTY**

**LIVONIA**

American House Livonia  
11525 Farmington Rd  
(734) 425-3050

**REDFORD**

Presbyterian Village of Redford  
25330 West 6 Mile Rd  
(313) 541-6408

Redford Senior Center  
12121 Hemingway  
(313) 387-2788

**RIVERVIEW**

American House Riverview  
20300 Fort Street  
*RESIDENTS ONLY, PLEASE*

**TAYLOR**

American House Southland  
25250 Eureka Rd  
(734) 946-9900

**WYANDOTTE**

Henry Ford Hospital Rehabilitation  
3200 Biddle  
(734) 284-4499

***CLASSES ARE FORMING NOW IN  
ADDITIONAL COMMUNITIES ACROSS  
THE STATE. CALL US TO SUGGEST A  
CLASS SITE AND TIME IN YOUR  
NEIGHBORHOOD!***