

**Ohio River Valley Chapter
Tai Chi Program
Greater Cincinnati/Northern Kentucky Area Locations**

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, please call 800-383-6843 or visit our website www.arthritis.org

HAMILTON COUNTY, OHIO

Bayley Place Community Wellness Center
401 Farrell Court
Cincinnati, OH 45233
513-347-1400

Drake Center
151 W. Galbraith Road
Cincinnati, OH 45216
513-418-2727

Dunham Senior Center
4320 Guerley Road
Cincinnati, OH 45238
513-471-9844

M.E. Lyons YMCA
8108 Clough Pike
Cincinnati, OH 45244
513-474-1400

Mayerson JCC
8485 Ridge Road
Cincinnati, OH 45236
513-761-7500

CLERMONT COUNTY

Clermont Senior Center
4350 Aicholtz Road
Cincinnati, OH 45245
513-947-7333

BOONE COUNTY, KY

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

KENTON COUNTY, KY

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

CAMPBELL COUNTY, KY

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

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