

OHIO

ADAMS COUNTY

Adams County Senior Citizens
210 North Wilson Drive, Suite 101
West Union, Ohio 45693
937-544-3979

BROWN COUNTY

Ohio Valley Manner
5280 St. Rt. 65 & 68
Ripley, OH 45167
937-392-0457

BUTLER COUNTY

Fitworks
7060 Ridgetop Dr.
Off Cincinnati-Dayton Rd. & I-75
West Chester, OH 45069
513-779-2100

CLERMONT COUNTY

Clermont Family YMCA
2075 James E. Sauls Sr. Drive
Batavia, Ohio 45103
513-724-9622

Clermont Senior Center

4350 Alcholtz Road
Cincinnati, OH 45245
513-947-7333

HAMILTON COUNTY

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

Humana Guidance Center

11316 Montgomery Road
Cincinnati, OH 45249
513-247-2100

Tri-Health Fitness & Health

6200 Pfeiffer Road
Cincinnati, OH 45242
513-985-6742

Northern KY

BOONE COUNTY

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

KENTON COUNTY

Atria Highland Crossings

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

Covington Ladies Home

702 Garrard St
Covington, KY 41011
859-431-6913

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

CAMPBELL COUNTY

First Presbyterian Church

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

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 Programs for Better Living** 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 or 513-271-4545. Also visit our website at www.arthritis.org



Arthritis Foundation Tai Chi Program



Cincinnati/Northern Kentucky Locations

**Ohio River Valley
Great Lakes Region
800-383-6843
513-271-4545**

