

**BROOKE COUNTY**

**Follansbee Senior Center**  
948 Main St.  
Follansbee WV 26037  
304-527-4297

**GREENBRIER COUNTY**

**Shepherd's Center of Greenbrier Co**  
PO Box 54  
Lewisburg, WV 24901  
304-645-4196

**HARRISON COUNTY**

**YMCA of Harrison Co**  
Lodgeville Branch  
119 Tolley Drive  
Bridgeport, WV 26330  
304-842-6904

**HANCOCK COUNTY**

**Hancock County Senior Services**  
647 Gas Valley Road  
New Cumberland, WV 26047

**Weirton Senior Center**

3539 Main St.  
Weirton WV 26062  
304-748-3490

**KANAWHA COUNTY**

**Charleston YMCA**  
100 YMCA Drive  
Charleston, WV 35311  
304-340-3527

**Tyler Mountain YMCA**

5113 Rocky Fork  
Cross Lanes, WV 25313  
304-542-3426

**Unitarian Universalist Church**

520 Kanawha Blvd  
Charleston, WV 25302  
304-395-7671 or 304-546-6829

**LEWIS COUNTY**

**Lewis Co Senior Center**  
171 West Second Street  
Weston, WV 26452  
304-269-5738

**Wm R. Sharpe Jr. Hospital**

936 Sharpe Hospital Rd  
Weston, WV 26452  
304-269-1210

**MARION COUNTY**

**Fairmont General Healthplex Fitness Center**  
51 Southerland Drive  
Fairmont, WV 26554  
304-368-5200

**MARSHALL COUNTY**

**Marshall County Senior Center**  
805 5th St.  
Moundsville, WV 26041  
304-845-8200

**MINGO COUNTY**

**Larry Joe Harless Comm Center**  
202 Larry Joe Harless Drive  
Gilbert, WV 25621  
304-664-2500

**MONONGALIA**

**Milan Puskar Health Right**  
341 Spruce St  
Morgantown, WV 26505  
304-292-8234

**RALEIGH COUNTY**

**Heartland Drive**  
100 Heartland Drive  
Beckley, WV 25801  
304-256-1650

**Korean Martial Arts Academy**

219 Ragland Road  
Beckley, WV 25801  
304-255-7699

**WOOD COUNTY**

**Sherry's Custom Fitness & Personal Training**  
1100 9th Street Suite D  
Vienna, WV 26105  
304-488-3831

**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 or 513-271-4545. Also visit our website at [www.arthritis.org](http://www.arthritis.org)



# Arthritis Foundation

## Tai Chi Program



### West Virginia Locations

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

