

# Tai Chi for Arthritis



Tai Chi for Arthritis involves slow, continuous and whole body movements that are learned and followed one after the other.

The simple and rhythmic movements are easy to learn and can be practiced either sitting or standing!

Tai Chi consists of:

- Postural alignment and gentle movement
- Breath practice
- Self applied massage
- Relaxation and meditation practices

### WHEN

Mondays 2:00–3:00 pm

Wednesdays 2:00–3:00 pm

**FEE FREE**

### 46 Classes (Drop-In)

January: 7, 9, 14, 16, 23, 28, 30

February: 4, 6, 11, 13, 20, 25, 27

March: 4, 6, 11, 13, 18, 20, 25, 27

April: 1, 3, 8, 10, 15, 17, 24, 29

May: 1, 6, 8, 13, 15, 20, 22, 29

June: 3, 5, 10, 12, 17, 19, 24, 26

### LOCATION

Over 60 Senior Neighborhood  
located in St. John's Episcopal Church  
628 Main Street  
Stamford, CT 06901



### INSTRUCTOR

**Alma Weinberg**

Tai Chi for Health Institute  
Certified Instructor  
Tai Chi for Arthritis and  
Falls Prevention

### Why should you practice Tai Chi for Arthritis?

- Low impact and aerobic exercise
- Improved balance and flexibility
- Eases pain and stiffness
- Attributed with maintaining bone mass
- Reduces stress and promotes relaxation
- Found to improve overall health and quality of life
- Evidence based and endorsed by CDC for arthritis and falls prevention



A collaborative program presented by  
the Over 60 Senior Neighborhood and  
Hospital for Special Surgery.

For more information, contact  
Pamela Villagomez at **203.705.2956**  
or email [villagomezp@hss.edu](mailto:villagomezp@hss.edu).