



FREE BEGINNER TAI CHI CLASSES

Tai Chi for Arthritis/Fall Prevention

Classes are available at multiple locations. Please choose **ONE LOCATION to attend classes. Your Presence Matters - Participants are asked to commit to attending all 8 sessions. Absences due to illness or medical appointments are understandable.*

Location 1

Chris Ramsey Community Center

1010 N. Moore - next to Brainerd High School

January 6, 8, 13, 15, 20, 22, 27, 29

Tues & Thurs | 11:30 AM - 12:30 PM

Location 2

Greenway Farms Conference Center

4960 Gann Store Rd, Hixson

February 3, 5, 10, 12, 17, 19, 24, 26

Morning Class: Tues & Thurs | 10:30 - 11:30 AM

Location 3

Shepherd Community Center

2124 Shepherd Rd - off Hwy 153, across from the Coca Cola plant

February 3, 5, 10, 12, 17, 19, 24, 26

Afternoon Class: Tues & Thurs | 1:00 - 2:00 PM

Details About Classes

- Learn warm-up, cool down and twelve movements.
- Eight one-hour sessions that build on each other. Attend all eight sessions!
- Taught by Tai Chi for Health certified instructors.
- Evidence-based to prevent falls, reduce arthritis symptoms, improve breathing and manage stress.
- Tai Chi for Arthritis/Fall Prevention is slow, easy on joints and equivalent to moderate walking.
- For all fitness levels.
- **Class size is limited. Please do not register if you cannot attend all sessions.** Notify us immediately if you must unregister.

Register

Scan the code or use the link below to select the series you will attend:
bit.ly/TinyUTK_EDU_TaiChi2026 OR
visit **https://hamilton.tennessee.edu/**
and click on Tai Chi icon.



If you are unable to register on-line, call UT Extension at **423-209-8560** Monday - Friday 8:00 AM - 4:30 PM. Safety protocols subject to change based on University of Tennessee and host location guidelines.

Check with your health care professional for any medical concerns. Wear sturdy shoes and comfortable clothing. Bring water if you want. Arrive on time for warm-ups. **Do not attend if you have COVID symptoms or have been exposed to COVID.** Facemasks welcome.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.