



# TAI CHI FOR ARTHRITIS PROGRAM

When: Mondays and Thursdays  
from 10:30-11:30am.  
Starting on September 22<sup>nd</sup>  
Ending November 14<sup>th</sup>, 2016

Where: Linwood Center  
3799 S Nine Mile Rd Allegany, NY

To register or for information:  
**Contact the Department of Aging**  
**( 716) 373-8032**

This program is offered as part of the NYS Department of Health  
Older Adult Fall Prevention Program

## What it is?

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Tai chi is an ancient Chinese practice that combines slow moving with deep breathing.

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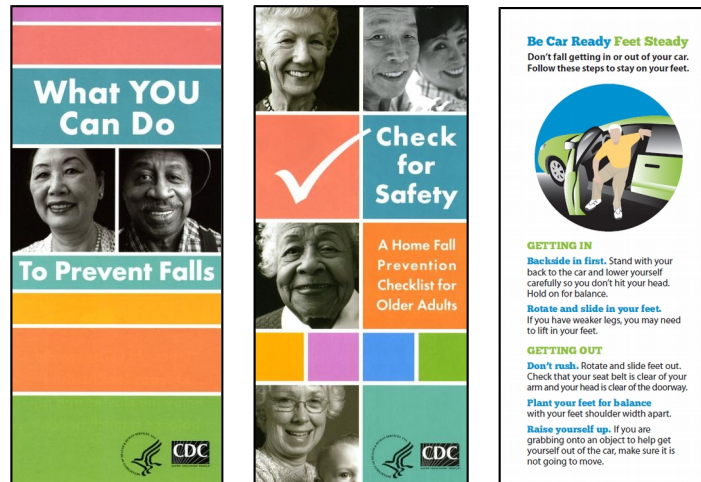
## Benefits of Tai Chi for Arthritis:

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- Increase strength, balance and posture
  - Prevent falls
  - Improve mind, body and spirit
  - Reduce stress and increase relaxation
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Sponsored by the  
Cattaraugus County  
Department of the Aging

# Fall Prevention Education Materials



## To order **FREE** copies of the publications above...

(courtesy of the NYS Department of Health)

Fill out an order form at:

[www.health.ny.gov/publications/4208](http://www.health.ny.gov/publications/4208)

You can also download materials at the links below.

### **What YOU Can Do To Prevent Falls Brochure (Pub 0640)**

\* available in Spanish

[www.health.ny.gov/publications/0640/index.htm](http://www.health.ny.gov/publications/0640/index.htm)

### **Check for Safety: A Home Fall Prevention Checklist for Older Adults Brochure (Pub 0641)**

\*available in Spanish

[www.health.ny.gov/publications/0641/index.htm](http://www.health.ny.gov/publications/0641/index.htm)

### **Be Car Ready Feet Steady: Tips on Safely Getting In and Out of Your Car Card (Pub 6514)**

[www.health.ny.gov/publications/6514/index.htm](http://www.health.ny.gov/publications/6514/index.htm)

If you have any questions, please contact Christie Ray-Marchetti at [Christie.Ray-Marchetti@health.ny.gov](mailto:Christie.Ray-Marchetti@health.ny.gov) or 518-408-0886