



TAI CHI For Arthritis & Fall Prevention

Older adults are more likely to fall which can cause serious injury.

Many studies have shown that Tai Chi is one of the most effective approaches for preventing falls. Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention is recognized by the CDC as an evidence-based program. Join Family Life Educator, Sara Attig, to learn more about and practice this form of exercise that can improve muscular strength, flexibility, and fitness.

To register, scan the QR code or visit
<https://go.illinois.edu/TaiChiWoodfordCounty>

Questions?

Contact Sara Attig,
Family Life Educator, at 815-842-1776.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



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University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to participate in this program, please contact us
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

The sessions will be held on
Tuesdays and Thursdays from
10:30am-11:30am, on the
following dates:

- October 28
- October 30
- November 4
- November 6
- November 11
- November 13
- November 18
- November 21 (Friday)
- November 25
- December 2
- December 4
- December 9
- December 11
- December 16
- December 18

Where:

Eureka United Methodist Church
208 N Callender St.
Eureka, IL 61530