

# Virtual Tai Chi



**Join us for Tai Chi on ZOOM!**  
**Classes begin the week of January 22nd!**

***Tai Chi for Arthritis and Fall Prevention*** is an evidence-based program that uses the principals and movements of Tai Chi in helping adults improve their balance, relieve pain, and improve flexibility and muscular strength.



**CLASSES  
 ARE FREE**

*Advanced registration  
 is required.*

**New to Zoom or want to get more out of it?**

SBU students are available (virtually) to explore the features of ZOOM to help you get the most out of your tai chi practice.

Email Kristi. [Ladowski@StonyBrookMedicine.edu](mailto:Ladowski@StonyBrookMedicine.edu) to get connected to student support. All support is free, no cost.

Scan the QR Code above or visit our website for schedule and registration:

[https://trauma.stonybrookmedicine.edu/falls\\_programs#Tai%20Chi](https://trauma.stonybrookmedicine.edu/falls_programs#Tai%20Chi)

For questions, please email:

[Kristi.Ladowski@stonybrookmedicine.edu](mailto:Kristi.Ladowski@stonybrookmedicine.edu)

There are three levels of the program, each offered twice a week for 60 minutes for ten weeks. Each level is led by a trained/certified instructor.

- **LEVEL 1:** Movements 1-12 (for beginners)
- **LEVEL 2:** Movements 13-21 (must complete level 1 prior to registering for level 2)

• **Full Form Practice**

**Participants will learn:**

- Balance Skills
- Proper Body Alignment
- Coordinated Tai Chi movements