

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 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

For questions, please email:

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