



# Tai Chi for Arthritis Spring 2022 Part I and II

Beginning or Review Class  
Fourteen Sessions

**Mondays and Fridays**  
**Beginning Friday, February 4—March 28**  
**(Except February 14 and 25)**

**9:30—10:30 a.m.**

**UT/TSU Extension Office**

2105 Midland Road, Shelbyville, TN 37160

## What is Tai Chi for Arthritis?

Tai Chi for Arthritis is a program designed to improve the quality of life for people with arthritis. The program uses Sun style Tai Chi; one of the four major recognized styles of Tai Chi. This style may be particularly effective for people with arthritis because it includes agile steps and exercises that may improve mobility, breathing and relaxation. In addition, the movements have higher stances, which make it easier and more comfortable to learn.

## What are the Benefits?

- Reduced pain and stiffness
- Improved ability to cope with stress and depression
- Improved concentration and memory
- Improved balance and coordination
- Improved muscle strength and stamina
- Improved posture and body awareness
- Increased circulation, heart and lung function

## How is the Program Structured?

The program consists of 12 movements, a warm up and a cool down using the Sun style of Tai Chi exercises. The 12 movements are then reversed for added challenge. The movements will be taught a few at a time over the sessions. The Part II is a continuation of Part I and adds new forms with movement in four directions.

## Who can Participate?

This program is appropriate for individuals with mild to moderate impaired joint motion and/or strength or any individual not affected by arthritis who may wish to begin a joint-safe Tai Chi program.

**Due to Covid restrictions the class will be limited to 20 participants on a first come-first served sign up basis.**

**You must pre-register by calling the Extension Office at 931-684-5971.**

There is no charge.

Led by Whitney Danhof, Extension Agent and Tai Chi for Arthritis Certified Instructor. This is a part of the Tai Chi for Health programs created by Dr. Paul Lam, M.D. of Sydney, Australia.



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