

Tai Chi for Arthritis and Balance

*Tuesdays and Thursdays
Starting April 23, 2019*



Tai Chi for Arthritis and Balance is an evidence-based program.

Tai Chi is a graceful form of exercise that helps reduce stress and maintain balance, flexibility and strength. Tai chi promotes serenity through gentle, flowing movements performed in a slow, focused manner accompanied by deep breathing.

**Date: Tuesdays and Thursdays
Starting April 23, 2019**

Time: 9:00-10:00am

Where: The James House

Important information

- The James House is located on the hill behind the hospital.

To register, please contact Ellen Woods at **(914) 366-3937** or **Vitality@northwell.edu**.

Phelps Memorial Hospital

701 N Broadway
Sleepy Hollow, NY 10591