



TAI CHI FOR BEGINNERS

Fridays -- 9:00 AM – 10:00 AM -- August 18 – December 15, 2023
(No class on November 10 or November 24)

Decrease Arthritis Pain and Help Prevent Falls • Increase Flexibility
Can be Done Seated or Standing • Improve Physical and Mental Balance

WHERE: The Kunz-Brundige Franklin County Extension
Building, 2548 Carmack Road, Columbus, OH 43210

COST: No charge - courtesy of OSU Extension

Please **register asap** to reserve your spot!

REGISTER: <https://go.osu.edu/FranklinCountyTaiChi>

FOR MORE INFORMATION: Contact instructor Jenny Lobb by email
at lobb.3@osu.edu or by phone at 614-292-7775

*Developed by Dr. Paul Lam at the Tae Chi for Health Institute (TCHI) the program utilizes
Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults.*



THE OHIO STATE UNIVERSITY

EXTENSION

OSU Extension Franklin County
franklin.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.