



Extension
UNIVERSITY OF WISCONSIN-MADISON



tai chi

for arthritis and fall prevention

Tai chi is an **evidence-based, low-impact, slow-motion** exercise that originated in China as a martial art. It involves a series of gentle movements, physical postures, controlled breathing, and a meditative state of mind.

location:

Spooner Agriculture
Research Station
Center

series length:

2x week for 8 weeks
Tuesdays & Thursdays
9am to 10am

class period length:

approx. 1 hour
August 4th -
September 25th

Click [here](#) or scan QR code to register

Benefits:

Improve strength, flexibility, and balance

Reduce the risk of falling

Help with stress reduction

Can help improve sleep

for more information:
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