

## Join EAAA/RSVP's

Tai Chi for Arthritis  
 And Fall Prevention



### ◆ All TCA Classes Are Free

Participants attend classes twice a week for a minimum of eight (8) weeks. The Tai Chi for Arthritis and Fall Prevention program is designed to improve the health and comfort of those suffering from arthritis, while also improving balance to protect against falls and fractures, and enhance the participant's energy level and sense of well-being.

Tai Chi for Arthritis is an evidence-based exercise program from the Tai Chi for Health Institute.

*Senior Volunteers Responding to Community Needs*



Phone - 262-7924  
 Corporation for  
**NATIONAL & COMMUNITY SERVICE**



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### ◆ Anticipated TCA Class Locations/Seeking Volunteer Instructors for these sites

- ◆ Dover-Foxcroft
- ◆ Lincoln
- ◆ Milbridge
- ◆ Millinocket
- ◆ Newport
- ◆ Other sites TBA

### ◆ For More Information About Tai Chi for Arthritis and Fall Prevention Classes in Your Area contact...

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