

# Tai Chi

A PROGRAM FOR BETTER LIVING

Experience the Tai Chi Program  
Arthritis Foundation Certified.  
Doctor Recommended.



“Practicing Tai Chi forms greatly improved my core muscle strength, and as a direct result, I have developed better balance and better coordination. It has also strengthened my joint mobility, making it easier for me to handle opening jars.” –Gwendolyn W.

The **Tai Chi for Arthritis Program** is an ancient practice proven to reduce pain and improve mental and physical well-being. Tai Chi for Arthritis, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

## Benefits to You

Tai Chi will help you:

- Reduce stress
- Increase balance and flexibility
- Feel relaxed
- Improve your overall mind, body & spirit

Classes are one-hour each.

Space is Limited. Sign up today.



## Class Location

Clinton Public Library  
118 S Hicks St.

## Sign up

Contact the library at 865-457-0519

## Class Days & Times

Mondays at 9:00 am starting October 27<sup>th</sup>

## Instructor Name

Patricia Paden, ppaden@utk.edu, 865-457-6246