

TAI CHI FOR ARTHRITIS

The Arthritis Foundation Tai Chi Program is a one-hour workshop offered twice a week for eight weeks. It has been proven to improve movement balance, strength, flexibility and relaxation. Other benefits associated with this program include a decrease in pain and falls. Minimum age 60 years old.

TUESDAYS & THURSDAYS

9:00AM - 10:00AM

September 9 - October 16, 2025

**City of Fort Lauderdale
Holiday Park Social Center
1150 G. Harold Martin Dr
Fort Lauderdale, FL 33304**

If you would like this publication in an alternative format or if you need reasonable accommodation to participate in this event, please contact (954) 828-PARK (7275) or parksinfo@fortlauderdale.gov

Improves strength and flexibility



Shown to decrease pain and falls



Improves movement and balance



Area Agency on Aging
of Broward County



Elder Affairs
FLORIDA