

# Free Virtual Beginner Tai Chi Classes

- Learn warm-up, cool down & 12 Tai Chi movements from the comfort of your home.
- Zoom from any device- smart phone, notebook or computer.
- Camera & microphone not required but make class more fun.
- Tai Chi for Health certified instructors.
- Eight one-hour sessions. Attend all eight sessions for maximum effect!
- Can be done seated or standing.
- Evidence-based to prevent falls, reduce arthritis symptoms, improve breathing & manage stress.
- Tai Chi for Arthritis/Fall Prevention is slow, easy on joints & equivalent to moderate walking.
- Register at this link to select the series you will attend: [Virtual Tai Chi Registration- January 2022](#)  
OR visit <https://hamilton.tennessee.edu>.
- A Zoom link will be emailed the week prior to the first class.



**Series of 8 sessions:  
January 24, 26, 31,  
February 2, 7, 9, 14, 16**

**Mondays & Wednesdays**

**Choose from one of these series:**

**1:00-2:00pm**

**4:30-5:30pm**

**6:00-7:00pm**



**Check with your health care professional  
for medical concerns before class.  
Wear sturdy shoes & comfortable clothing.  
Allow 6-foot area with no loose rugs, cords,  
etc. Join class on time for warm-ups.**

**Contact UT Extension at 423-209-8560 for questions.**



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