

Free

Beginner Tai Chi Class



- Learn warm-up, cool down & basic Tai Chi movements taught by certified instructors.
- Attend all eight one-hour sessions that build on each other. Arrive on time for warm ups.
- Evidence-based to reduce arthritis/diabetes symptoms, improve stamina & manage stress.
- Tai Chi for Arthritis/Fall Prevention & Tai Chi for Diabetes are slow paced & equivalent to moderate walking and is beneficial to all fitness levels.



Choose your registration method:

- Scan QR code
- Use this link: <https://tiny.utk.edu/TaiChi2023> It may be easier to copy & paste the link in your browser.
- Visit <https://hamilton.tennessee.edu> (Click on Tai Chi icon)
- If you can't register on-line, call UT Extension at 423-209-8560 M-F 8:00-4:30.

Location	2023 Dates/Class Type	Day/Time
Riverview Park Covered Pavilion 1857 Riverview Road	Tai Chi for Diabetes May 24, 26, 31, June 2, 7, 9, 14, 16	Wed & Fri 10:30-11:30
Hixson Community Center 5401 School Drive, Hixson	Tai Chi for Diabetes July 10, 12, 17, 19, 24, 26, 31, August 2	Mon & Wed 1:00-2:00
Glenwood Community Center 2610 E 3rd Street	Tai Chi for Arthritis/Fall Prevention August 7, 9, 14, 16, 21, 23, 28, 30	Mon & Wed 11:00-12:00

Class size is limited. Do not register if you cannot attend all sessions. Notify us immediately if you must unregister. Check with your health care professional for any medical concerns. Wear sturdy shoes & comfortable clothing. Facemasks welcome. Do not attend if you have COVID/flu symptoms or have been exposed to them.



Real. Life. Solutions.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.