

Free

Beginner Tai Chi Class



- Improves stamina, flexibility & helps manage stress.
- Tai Chi for Health is slow paced & equivalent to moderate walking.
- Learn warm-up, cool down & basic Tai Chi movements taught by certified instructors.
- Attend all eight one-hour sessions that build on each other.
- Evidence-based to reduce arthritis/diabetes symptoms.
- Beneficial to all fitness levels.
- Arrive on time for warm ups.



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 cannot register on-line, call UT Extension at 423-209-8560 M-F 8:00-4:30.



Location	2023 Dates	Day/Time
Glenwood Community Center 2610 E 3rd Street	<i>August 7, 9, 14, 16, 21, 23, 28, 30</i>	Mon & Wed 11:00-12:00
Greenway Farms Conference Center 4960 Gann Store Rd, Hixson	<i>October 3, 5, 10, 12, 17, 19, 24, 26</i>	Tues & Thurs 10:30-11:30
TN Riverwalk Amnicola Marsh North Entrance Near 2829 Amnicola- Outdoors under cover	<i>October 16, 18, 23, 25, 30</i> <i>November 1, 6, 8</i>	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.