



Beginner Tai Chi Class

Join us for a fun, 4-week fitness program to build strength & balance!

Learn slow, gentle moves that improve breathing, stamina & flexibility.

Benefits all fitness levels. Can do seated or standing.

Evidence-based to reduce arthritis symptoms & prevent falls.

Red Bank Community Center 3653 Tom Weathers Drive	March 6, 8, 13, 15, 20, 22, 27, April 3 (skip March 29)	Wednesday & Friday 10:00-11:00
--	---	-----------------------------------

Registration required. Choose your method:

- Scan the QR code below from your smart phone & complete the registration form.
- Type or copy this link in your browser: <https://tiny.utk.edu/RBTC24>
- Call UT Extension at 423-209-8560 M-F 8:00-4:30.



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.



In collaboration with the Red Bank Active Older Adults Program.

The University of Tennessee is an equal opportunity provider.