



Beginner Tai Chi Class



Join us for a fun, 4-week fitness program to build strength & balance.
 Learn warm-up, cool down & basic movements taught by certified instructors.
 Evidence-based to reduce arthritis symptoms & prevent falls.
 Must commit to attend ALL 8 sessions except for illness!

Location	2024 Dates	Day/Time
Harrison Community Center Cafeteria Former Harrison Elementary 5637 Highway 58	May 7, 9, 14, 16, 21, 23, 28, 30	Tuesday & Thursday 10:00-11:00 am
TN Riverwalk Amnicola Marsh North Entrance Near 2829 Amnicola- held Outdoors under cover	June 4, 6, 11, 13, 18, 20, 25 & 27	Tuesday & Thursday 10:30-11:30 am
TN Riverwalk Amnicola Marsh North Entrance Near 2829 Amnicola- held Outdoors under cover	June 4, 6, 11, 13, 18, 20, 25 & 27	Tuesday & Thursday 6:00-7:00 pm

Choose your registration method:

- Scan QR code with smart phone & complete form.
 - Type or copy this link in your browser:
<https://tiny.utk.edu/TC2024>
 - Call UT Extension at 423-209-8560 M-F 8:00-4:30
- Have your emergency contact & their phone number handy.



Class size is limited. Do not register if you cannot attend all 8 sessions.

- Notify us at 423-209-8560 immediately if you must unregister.
- Exercises are comparable to moderate walking. Benefits all fitness levels.
- Check with your health care provider for any medical concerns.
- Wear sturdy shoes (such as tennis shoes) & comfortable clothing.
- Facemasks are welcome. Do not attend if you are ill.

Real. Life. Solutions.



The University of Tennessee is an equal opportunity provider.