



# 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.  
 Helps seniors stay active & healthy.  
 Must commit to attend ALL 8 sessions except for illness!

Location	2024 Dates	Day/Time
TN Riverwalk Amnicola Marsh North Entrance Near 2829 Amnicola- held <b>Outdoors</b> under cover	October 21, 23, 28, 30, November 4, 6, 11 & 13	Monday & Wednesday 10:00-11:00
Greenway Farms Conference Center 4960 Gann Store Rd, Hixson	October 29, 31, November 5, 7, 12, 14, 19, 21	Tuesday & Thursday 10:30-11:30

### 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 so others can participate.
- 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.