

# WHAT YOU SHOULD KNOW ABOUT TAI CHI FOR ARTHRITIS TO PREVENT FALLS



- Tai Chi is an easy and fun way to reduce arthritis pain and also prevent falls.
- It is a great way to improve health and fitness no matter how old or active you are.
- You will get stronger and have better balance when you participate in the program regularly.
- You can find a local/online Tai Chi for Arthritis class by contacting ORG X at website, phone, email.

## The 3 Principles of Tai Chi:

### Movement Control

*Move slowly, keeping a mind-body connection*



### Body Structure

*Build core strength, improve posture and balance*



### Internal Components

*Loosen tense Joints*



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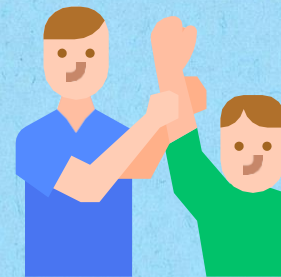
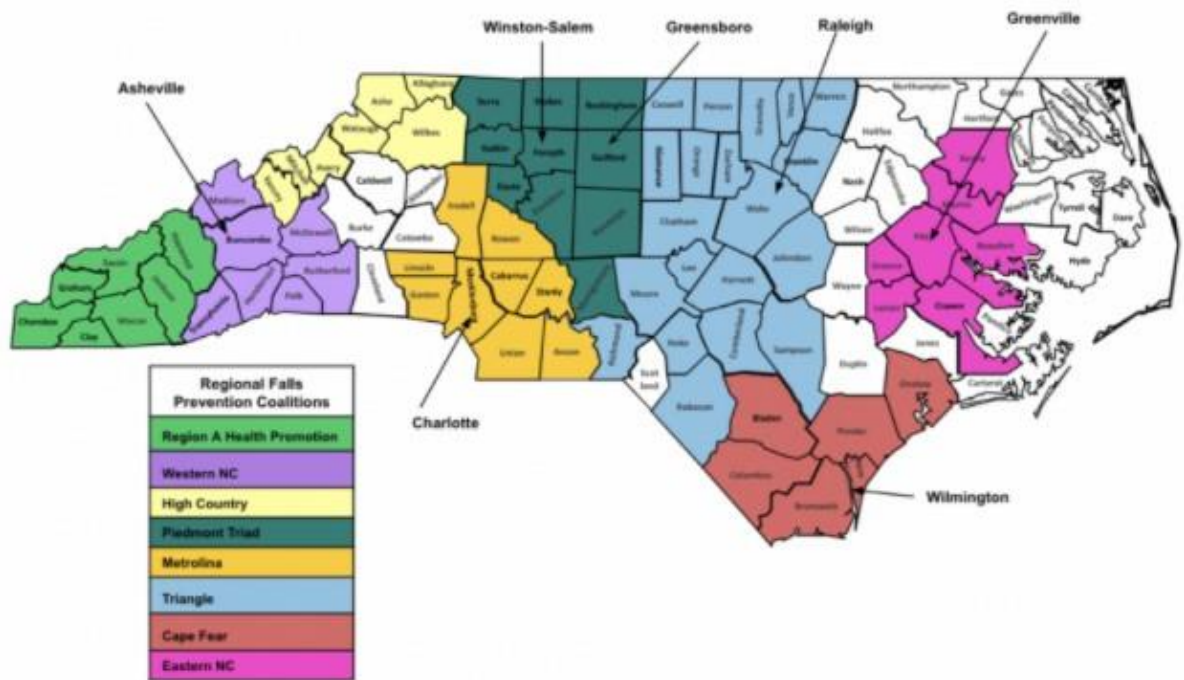


Visit [HealthyAgingNC.com](http://HealthyAgingNC.com) and  
[NCFallsPrevention.org](http://NCFallsPrevention.org) for more information

[TaiChiForHealth.org](http://TaiChiForHealth.org)

# GET CONNECTED TO A FALLS FREE LIFE

## Local/Regional NC Coalitions



Physical Therapy and Occupational Therapy



Medicine Management



Group Fitness & Community Programs



Home Safety Repairs

Find your local falls prevention coalition! They are excited to keep you FALLS FREE!

Contact "ORGANIZATION X" to get connected to all the best falls prevention resources your community has to offer.

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