



Dr Paul Lam

**Tai Chi for Health Institute**

EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

**Looking for balance?  
Want to stay strong, independent,  
and steady on your feet?**

- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain

**JOIN A TAI CHI FOR ARTHRITIS  
& FALL PREVENTION  
PROGRAM TODAY!**

“I have a lot of aches and pains. When it gets to me, I just get up and I go do Tai Chi and it makes it go away.” – *Tai Chi for Arthritis and Fall Prevention Class Participant*

**USE YOUR CAMERA TO  
SCAN THE QR CODE &  
LEARN MORE**



## ***This program is for adults who:***

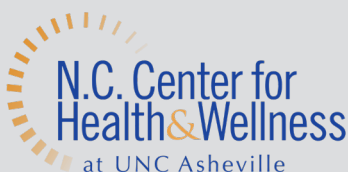
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- Want to maintain and improve their balance and strength or who have a concern about falls
- Might be at a higher risk of falling
- Want to reduce stress, improve awareness & maintain independence
- Have mild, moderate, and severe joint involvement and back pain
- Have arthritis, rheumatic diseases or related musculoskeletal conditions

## ***How it works:***

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- This is a 16-session program, meeting for one-hour sessions weekly for 16 weeks or twice a week for 8 weeks.
- Tai Chi for Arthritis and Fall Prevention is led by a TCHI Board certified instructor.



Healthy Aging NC is an initiative of the North Carolina Center for Health and Wellness at UNC Asheville. We strive to be a leader and trusted partner in the state to help connect people to proven programs and healthy aging information.

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828-258-7712  
[www.HealthyAgingNC.com](http://www.HealthyAgingNC.com)