

Tai Chi

Workshop for Arthritis and Falls Prevention

Tai Chi for Arthritis and Falls Prevention is an eight-week, evidence-based program featuring gentle exercises that can help improve balance, ease joint stiffness, and build strength, while also reducing the risk of falls.

This program is especially helpful for people with arthritis, joint or back pain, or anyone who is concerned about falling.

Benefits of Tai Chi for Arthritis and Falls Prevention include:

- Better balance
- Stronger muscles
- Improved mobility
- Increased flexibility
- Better mental well-being
- Less pain
- Fewer falls



Program Details

Class meets in person **twice** a week for 8 weeks.

Dates:

Tuesdays and Thursdays
April 14 – June 4, 2026
1:00 - 2:00 pm

Location:

Maynard Council on Aging
50 Brown Street
Maynard, MA 01754

Cost:

FREE, but space is limited!
Registration is required.

To Register:

Contact Maynard Council on Aging: (978) 897-1009

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