



Tai Chi for Arthritis- Part 2 Pilot

Tai Chi for Arthritis for Fall Prevention is an exercise program recommended by the CDC to benefit overall well-being. It is appropriate for people with mild, moderate, and severe joint and back pain, as well as for adults without arthritis who have a higher risk of falling. Tai Chi is great for those who wish to improve their physical and mental health. The program meets twice a week for eight weeks.

Tai Chi for Arthritis, Part 2 is a continuation of the Tai Chi you've already taken. This more challenging sequel will improve your coordination and Tai Chi skills. We would like your assistance and input as we pilot this program, twice a week for eight weeks.

Osage County Library
22 Library Lane
Linn, MO 65051

Tuesdays and Thursdays
1:30 PM - 2:30 PM
August 14 through October 9, 2025

To register, please contact Kathy Deeken at kdeeken@missouri.edu, or by calling 573-642-0755.

Please note that this class is by invitation to those who have taken Tai Chi for Arthritis and Fall Prevention. It is really important you are able to commit to all the sessions.

