



KYABRAM DISTRICT
HEALTH SERVICE



Tai Chi for Arthritis

The Planned Activity Group will be implementing Tai Chi for Arthritis Exercises. These exercises will be based on the 12 moves of Tai Chi for Arthritis developed by Dr Paul Lam.

The exercises are done seated which provides for greater concentration on the movements of the upper body.

Tai chi is a form of exercise that engages the body and the mind with slow gentle movements. Tai Chi has been said to improve flexibility, assist in balance and encourage restful sleep.

Medical studies have shown this program can relieve pain and improve quality of life as well as a means of falls prevention for the older person. *

Please refer to the Planned Activity Group program for days and times.

If you have any questions please contact Sue Macfarlane on 5857 0268.

*<https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>