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Tai Chi for Arthritis for Fall Prevention - Virginia Falls Prevention Awareness Week Virtual Events

Date and Time

Tuesday 9/22/2020 2:00 to 3:00pm

Event URL

[Register](#)

Event Region

Statewide

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Tai Chi for Arthritis for Fall Prevention: This CDC recognized, evidence-based program is being researched for its ability to relieve joint pain with results showing reductions in the rate of falls. Learn more about the program and a simple move/form that is a major player in all of the Tai Chi for Health forms.

Visit <https://www.vpas.info/events> for a list of events for the rest of the week. Call Valley Program for Aging Services at -1-800-868-8727 with questions or for more information or email vpas@vpas.info

Event Image or Sponsor Logo

Image

