



CHOICE
Health Plans

Join Us!



Maimonides
Medical Center



Tai Chi for Arthritis and Fall Prevention is one of the best exercise programs to prevent falls. This series helps reduce the risk of falling by improving strength, balance, flexibility, and coordination.

This online program runs twice a week for 8 weeks (16 classes) starting September 14.

Each session includes a warm-up, learning one to two Tai Chi movements, and cool-down, building to a full 12-movement combination. Modifications will be available to accommodate those with mobility issues.

TOPIC: *Tai Chi for Arthritis and Fall Prevention*

HOST: *Gia Ramsey, Injury Prevention/ Education Outreach Coordinator, Maimonides Medical Center*

DATE: *Sept 14 - Nov 4 (16 classes) Mondays and Wednesdays*

TIME: *11 am - 12 pm*

HOW TO PARTICIPATE

Classes will be held via Zoom.

Join using a PC, Mac, iPad, iPhone or Android device.

1) Send your name* and email address to CHOICEevents@vnsny.org to sign up for the course.

2) You will receive a confirmation email with the log in for the course.

*Personal information will not be collected, stored, or used for solicitation purposes.

For questions, please call
9 am - 5 pm, Monday - Friday

Manhattan/Queens:
Ashley Carrillo, 917-886-5660

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Queens/Long Island:
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