



## ***Tai Chi for Arthritis & Fall Prevention***

***Thursday April 7, 2022, 10:00 AM***

***Enjoy a gentle exercise that combines slow movement,  
deep breathing, and focused intention.  
It's a "Moving Meditation."***



### ***Benefits:***

- ***Increase strength, balance and posture***
- ***Prevent falls***
- ***Improve mind, body and spirit***
- ***Reduce stress and increase relaxation***

***Meets in the Children's Room every Thursday  
from 10 - 11 AM for 8 weeks beginning April 7th.***

***Bring yourself! Wear comfortable (flexible) clothing.***

***This program is in partnership with  
Yavapai County Community Health Services.  
Contact Rachel Mills 928-442-5372 for more info.***

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***Black Canyon City Community Library***

***34701 S Old Black Canyon Highway Black Canyon City, AZ 85324***

***(623) 374-5866***

***[ycfld.org/blackcanyon](http://ycfld.org/blackcanyon)***