

Open to the community

# Tai Chi for Arthritis and Fall Prevention Part 2



**4-week series** For people with or without arthritis, Tai Chi for Arthritis and Fall Prevention is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits, including: improved muscle strength, coordination, and flexibility; better balance and decreased risk of falls.

*This class is for those who have previous Tai Chi experience, and preferably have completed the Tai Chi for Arthritis and Fall Prevention 8-week program. Participants need to be able to stand for the duration of the class without balance concerns. Chairs are not used in this class.*

**Day:** Tuesdays  
**Dates:** February 1-22  
**Time:** 9 - 9:45 a.m.  
**Location:** Mind & Body Studio  
**Cost:** Members \$20, Non-members \$40  
**Instructor:** Becky Robel

**About the Instructor:** Becky Robel is the founder, instructor and trainer at Tai Chi Iowa. She is a Senior Fitness Specialist (SFS), Certified Personal Trainer (CPT) and Certified Group Fitness Instructor (CGFI) through NASM and AFAA. She serves on the Iowa Falls Prevention Coalition Board and teaches a variety of classes in the Des Moines metro area.

*Masks are required to enter the facility, may be removed while actively exercising and maintaining social distancing.*

**Registration is required.  
Register online or at the  
Member Services desk.**