



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

Tai Chi for Arthritis

Let's gather to improve flexibility, increase your muscle strength, improve your fitness and balance....and learn the ancient art of Tai Chi! This simplified Sun style Tai Chi was developed by Dr. Paul Lam, who experienced signs of osteoarthritis as a young medical student. He chose Tai Chi for his own therapy and in 1997 developed the *Twelve-Movement for Arthritis* program that has been endorsed by the Arthritis Foundation. It is safe, enjoyable and easy to learn no matter your physical condition, age or prior knowledge of Tai Chi.

Betty Randolph, the presenter, is a nationally certified massage therapist who has used Tai Chi over the years to enhance her own health. She completed the Tai Chi for Arthritis Instructor's Course with Russ Smiley, Master Trainer.

Tai Chi for Arthritis will meet Mondays for 6 weeks from 7:00 – 8:30 p.m. on these dates:

Session 1: September 3, 10, 17, 24, October 1, 8

Session 2: October 29, November 5, 12, 19, 26, December 3

Cost: \$75 for 6 weeks, \$15/class drop in rate

To register go to www.hermitagefarm.org to print a brochure and mail your payment to:
Hermitage Farm Center for Healing, 6415 West River Road NW, Rochester MN 55901
(507)281-2791

Name: _____ Phone (H) _____

Address: _____ (C) _____

Email: _____

List session/s that you wish to attend:

Please make checks payable to Hermitage Farm

Total Enclosed _____