

Tai Chi for Arthritis



Tai Chi for Arthritis relieves pain, reduces falls and improves quality of life. This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. Please join us for this free program presented by tai chi instructors from Residence at Orchard Grove

Date: Thur Oct 24, 2019

Time: 10:00 AM

**Place: The Residence at Orchard Grove
258 Walnut Street, Shrewsbury**

This program is funded by the Shrewsbury Public Library Foundation and is part of a community-wide project entitled “Dancing around the Hard Topics” a reading, viewing and discussion program . While focused on the book [Being Mortal: Medicine and What Matters in the End](#) by Dr. Atul Gawande, the project also looks at the many ways people embrace life at all ages.

Free and Open to all.

For more information please call the Library at 508-841-8609

Project Funders and Supporters

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