

Contact:

Dr. Nina Chen, Human Development Specialist

University of Missouri Extension

Telephone: 816-252-5051

Fax: 816-252-5575

chenn@missouri.edu

FOR IMMEDIATE RELEASE

Schedule set for Tai Chi classes to ease arthritis

(BLUE SPRINGS, MO, Sept. 1, 2009) Tai Chi for Health, offered by University of Missouri Extension, is an easy and effective exercise class, integrating the mind and body, that improves flexibility, muscle strength and balance. The seven-week class is based on the Tai Chi for Arthritis program supported by the Arthritis Foundation of America.

Classes for those with arthritis will be held Nov. 2, 9, 16, 23 and 30 and Dec. 7 and 14 at the following locations:

- 11:00 a.m. to noon, Truman Medical Center Hospital Hill, 2301 Holmes, Kansas City, Mo.
- 5:00 p.m. to 6:00 p.m., Truman Medical Center Lakewood, 7900 Lee's Summit Road, Kansas City, Mo.

Cost of the series is \$45. For more information, contact MU Extension at (816) 252-5051. To register, call the Truman Medical Center at (816) 234-9256.

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