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UNIVERSITY OF MISSOURI EXTENSION

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Tai Chi for Arthritis

(BLUE SPRINGS, MO, January 4, 2014) Tai Chi for Arthritis helps improve flexibility and muscle strength, increase heart/lung activity, align posture, improve balance, and integrate the mind and body. The Tai Chi for Arthritis program is shown by scientific study to be effective to improve pain, quality of life, and balance. Almost anyone with or without arthritis, and with almost any physical condition, can learn this program to improve health and quality of life. It is an easy, safe, effective exercise and supported by many arthritis foundations including the USA.

University of Missouri Extension will offer the Tai Chi for Arthritis program in two locations.

Location: Metropolitan Community College – Longview
3:00 – 4:00pm., February 12, 19, 26, March 5, 12, and 19, 2014
Registration: 816-604-2030

Location: Southwood Elementary School, 8015 S. Raytown Road, Raytown, Mo
6:30 – 7:30pm., February 11, 18, 25, March 4, 11, and 25, 2014
Registration: 816-268-7119

For more information, contact University of Missouri Extension at (816) 252-5051.

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