

TriHealth presents:

Tai Chi for Health Classes

This program is made possible with generous support from The Bethesda Foundation.



This 8-week series will be taught by a certified Tai Chi for Health Physical Therapist and Occupational Therapist and can be done seated or standing.

Benefits of Tai Chi include:

- Improved balance
- Increased leg strength through low impact exercises
- Reduced fear of falling
- Improved mobility
- Increased flexibility from practicing a series of slow movements and deep breathing

Reserve your spot today. Space is limited.

In-person classes will be offered on 8 Wednesdays:

August 20th- October 15th 2025
2:00pm to 3:00pm

TriHealth Kenwood Bldg.
Groneman Conference Rm A & B
8240 Northcreek Road
Cincinnati, OH 45236

Class Sessions

August 20, 2025
August 27, 2025
September 3, 2025
September 10, 2025
September 17, 2025
October 1, 2025
October 8, 2025
October 15, 2025

Reserve online at
TriHealth.com/SeniorityClasses
or call 513 569 5400



TriHealth.com