



AREA AGENCY
ON AGING

TAI CHI FOR ARTHRITIS & Falls Prevention

**Sign up today for this free
8-week program at Hoover Place!**

Learn gentle yet effective moves
proven to lessen pain, improve
strength and help increase mobility.

 *When?*

Meets Tuesdays & Thursdays,
**September 9 thru
November 4, 2025**
(no session on Sept. 30)

 *Time?*

12:30 - 1:30 pm

 *Where?*

**Hoover Place Senior Community
5407 Hoover Ave., Dayton, Ohio**



This program is funded by the
Older Americans Act. There is
no charge for participants who
are 60 or older, and the Area
Agency on Aging, PSA 2 covers
the fee for those under 60
years of age.
Donations are welcome.

**CALL TO
REGISTER: PATTY AT
937-937-528-6850,
EXTENSION 2004**