

TAI CHI

a program for better living



State Wide Listing Michigan 2014



Arthritis Foundation Tai Chi Program is a fun, joint friendly, recreational program led by specially-certified instructors designed to make a positive impact on your daily life. Participants learn a series of graceful, flowing movements adapted from the ancient Chinese discipline of Sun-style Tai Chi, plus special warm-up, cool-down and breathing exercises. Tai Chi may improve:

- Relaxation
- Balance and coordination
- Range of motion and flexibility
- Muscle strength and stamina
- Concentration and memory
- Feelings of well being
- Ability to manage pain
- And much, much more . . .

Anyone can benefit from the program, including those interested in maintaining healthy joints as well as those living with mild to moderate arthritis.

Please call individual sites for information about class schedules and costs.

ARTHRITIS FOUNDATION TAI CHI CLASSES LISTED BY COUNTY:

MACOMB COUNTY

CLINTON TOWNSHIP

Macomb Community College
44575 Garfield- Center Campus
(586) 445-7225

CHESTERFIELD

Village of East Harbor PVM
33875 Kiely Drive
RESIDENTS ONLY, PLEASE

MACOMB

Sunrise Retirement Community
46471 Hayes
(586) 532-9559

MT CLEMENS

Macomb Family YMCA
10 North River Rd.
(586) 468-1411

NEW BALTIMORE

Anchor Bay Aquatic Center
52401 Ashely
(586) 716-4623

St. Marys Queen of Creation
50931 Maria St.
(586) 727-0608

ST CLAIR SHORES

Bon Brae Center
22300 Bon Brae St.
Coming Soon!

OAKLAND COUNTY

AUBURN HILLS

Auburn Hills Community Center
1827 N. Squirrel Rd.
(248) 370-9353

North Oakland YMCA
3378 E. Walton Blvd.
(248) 370-9622

BIRMINGHAM

Birmingham Family YMCA
400 E. Lincoln
(248) 644-9036

CLARKSTON

NovaCare Rehabilitation
6770 Dixie Hwy. Suite 104
(248) 625-5998

Yoga Oasis

6160 Dixie Highway
(248) 770-5388

COMMERCE TOWNSHIP

Richardson Community Center
1485 Oakley Park Rd.
(248) 926-0063

LAKE ORION

Orion Center
2525 Joslyn Rd.
(248) 391-0304

ROCHESTER

Barclay Physical Therapy
555 Barclay Circle, Ste. 110
(248) 853-5853

Crittenton Hospital Medical Center
1101 W. University Drive
(248) 652-5000

ROYAL OAK

Beaumont Health Center
4949 Coolidge Hwy.
(248) 655-5800

SOUTHFIELD

The Park at Trowbridge
24111 Civic Center Drive
(248) 352-0208 x203

WATERFORD

Waterford Parks and Rec
50+ Program
5640 Willias Lake Rd
(248) 674-4881

WEST BLOOMFIELD

ActiveRX Active Aging Center
6018 W. Maple Rd.
Suite 850
(248) 932-0111

W. Bloomfield Parks & Recreation
4640 Walnut Lake Rd.
(248) 451-1900
RESIDENCY NOT REQUIRED

ST CLAIR COUNTY

PORT HURON

Blue Water Area YMCA
1523 3rd Street
(810) 987-6400

Cutting Edge Health & Fitness
3520 Pine Grove Ave.
(810) 966-0606

Port Huron Council on Aging
600 Grand River Ave.
(810) 987-8811