

Tai Chi for Arthritis

Dates: Mondays and Thursdays

Time: 10:15am-11:15am

Place: Bureau County Metro Center

Description: Perry Memorial's Medical Rehabilitation Department offers Tai Chi for Arthritis Classes. Instructor Jereen Mercer is a licensed Occupational Therapist Assistant at Perry Memorial and a certified Tai Chi



Instructor. She received her Tai Chi certification from both the Arthritis Foundation and Dr. Paul Lam. **Tai Chi for arthritis** is a form of Tai Chi that has been modified for people who live with arthritis. Even people who don't have arthritis have benefited from this form of Tai Chi.

Contact Person and Instructor: Jereen Mercer, COTA, licensed Tai Chi Instructor (815) 876-4494

Cost: \$4.00 per session

Registration: Registration is not necessary. New participants are always welcome. Individual results may vary. Consult your physician before beginning any new exercise program.