



White Crane
Wellness Center

Tai Chi

Oak Park & River Forest
Townships Senior Services



Tai Chi for Arthritis and Fall Prevention is a group exercise program designed to increase range of motion, strength, flexibility and overall wellness. Exercises offered are appropriate for people at all fitness levels, You can participate sitting or standing. Join us to improve your health and make new friends!

Every Monday from 1:30 PM to 2:30 PM
Starting, Monday, April 8th 2024 until August 5th, 2024

Oak Park & River Forest Townships Senior Services
130 S. Oak Park Ave

Registration Required. Please call (708) 725-9129

OP/RF residents: Need a ride? Call Transportation at (708) 383-4806

Programs and services are funded in whole or in part by, AgeOptions, the area agency on aging for Suburban Cook County. White Crane Wellness Center does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call (312) 814-6200 or (217) 785-5125 (TTY).