

FOR IMMEDIATE RELEASE:

**Office for the Aging Sponsoring Tai Chi for
Arthritis Program in Ogdensburg**

The St. Lawrence County Office for the Aging; in partnership with Cornell Cooperative Extension, will be sponsoring a FREE Tai Chi for Arthritis Program in Ogdensburg. The class will be held at the Dobisky Center, located at 100 Riverside Avenue, Ogdensburg. The classes will be held Wednesdays from 9:30 – 11:00 am. The first class is March 11th and runs through May 13th.

The Tai Chi Arthritis Foundation fitness program is a free program and is provided by Office for the Aging as part of the evidence based, health promotion program for older adults age 60 and over. Staff from Cornell Cooperative Extension, instruct the classes in a partnership with Office for the Aging. Classes include a combination of slow moving with deep breathing exercises that allow you to improve mind, body, and spirit. Participants will increase strength, balance and posture, reduce stress and increase relaxation. Class size is limited and participants must register in advance.

For more information and to register for the class, contact Cindy Ayer at Office for the Aging 315-386-4730 or email cayer@stlawco.org.

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About St. Lawrence County Office for the Aging:

The Office for the Aging provides service and advocacy for county residents 60 years and older. Programs and services includes: Nutrition Centers and Home Delivered Meals; Home Care Services; Family Caregiver Support; Medical Transportation; Legal Services; Health Insurance Information Counseling and Assistance. The Office's mission is to develop a service system specifically designed to best meet the social and human needs of the elderly.

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