

## **Tai Chi for Arthritis**

Age Requirements

No Age Requirement

Family

No

Intake Contact Email

parksdesk@louisa.org

Intake Process

Visit the website for information or call the office. Register for class

Provider Refer

Yes

Self Refer

Yes

Louisa County Parks, Recreation and Tourism

<https://www.louisacounty.com/208/Parks-Recreation>

Main

(540) 967-4420

522 Industrial Drive, Suite A

P O Box 864

23093 VA

United States

Additional Availability Comments

Monday - Friday 8:30 am - 5 pm

Payment Method(s)

Private Pay

Languages Spoken

English

Louisa County Parks, Recreation & Tourism offers Tai Chi for Arthritis. The instructor, Meghan Bryant, shows movements that can improve your overall well being and are geared toward helping ease arthritis.

Service Area(s)

Louisa County

Email

[parksdesk@louisa.org](mailto:parksdesk@louisa.org)