

## **Tai Chi for Arthritis**

### Age Requirements

18 and over

### Other Eligibility Criteria

Participants should be able to communicate some needs; able to follow simple directions; under the care of a physician; free from alcoholism or drug abuse; at least 128 years of age.

### Intake Contact

Linda Davis, RN, DNP, Director

### Intake Contact Email

Linda.davis@pulaskiadultdayservice.org

### Intake Process

Call the office for information and to register for the class.

### Intake Contact Telephone

(540) 307-5487

### Provider Refer

Yes

### Self Refer

Yes

Pulaski Adult Day Service and Fall Prevention Center

<http://www.pulaskiadultdayservice.org/>

### Main

(540) 307-5487

211 Fifth Street

24084 VA

United States

Monday: 7:00 am-5:00 pm

Tuesday: 7:00 am-5:00 pm

Wednesday: 7:00 am-5:00 pm

Thursday: 7:00 am-5:00 pm

Friday: 7:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Payment Method(s)

Cash or Check

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Private Insurance

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Veterans

Languages Spoken

English

Pulaski Adult Day Services & Fall Prevention Center offers Tai Chi for Arthritis classes. Call the office for more details.

Service Area(s)

Giles County

,

Montgomery County

,

Pulaski County

,

Radford City

,

Wythe County