

Tai Chi, Arthritis Exercise and Healthier Living Classes

Virtual L.E.A.P. (Leveraging Exercise to Age in Place)

Tai chi for arthritis

Focuses on the mind-body connection through its gentle and fluid motions that promote physical and psychological benefits such as improved balance and mental health.

Arthritis Foundation exercise workshop

Helps increase range of motion and muscle strength through its gentle movements that promote increased joint flexibility. Many participants experience a decrease in pain and an increase in quality of life.

Healthier living workshop

Takes place in an intimate group setting in which participants will become more informed about their health condition. In addition, participants will learn tips to better manage their health—including symptom management.



About virtual L.E.A.P.

Designed for individuals aged 50+, the L.E.A.P. (Leveraging Exercise to Age in Place) program is a research study funded by AARP Foundation with the goal of reducing falls and promoting social connectedness through exercise.

Virtual L.E.A.P. will be livestreamed using Zoom technology. Instructors and participants can interact with one another and will perform the exercise session together.

Interested participants must have a computer with a webcam and internet access. A valid email address is also required for completing the study forms.

Study participants will not be charged for L.E.A.P. exercise classes.



For more information or to enroll, call Katrina Rosales at 310-248-6242
Learn more at cedars-sinai.org