



NOW CONTRACTING:
**Tai Chi for Arthritis Instructor
(Independent Contractor)**

Lebanon County Area Agency on Aging (LCAAA)

Lebanon County Area Agency on Aging (LCAAA) is seeking a **Tai Chi for Arthritis** instructor to lead evidence-based classes for older adults at **three senior center locations** in Lebanon County.

Important: This is a **part-time contractual (independent contractor)** role — **not** a Lebanon County employment position.

Program & Class Details

Program: Tai Chi for Arthritis (Sun Style) developed by Dr. Paul Lam

Session length: 8–10 weeks

Class length: 45–60 minutes

Frequency: 1–2 times per week (schedule coordinated with LCAAA / senior centers)

Participant Eligibility

Classes are for **Lebanon County residents age 60+**.

Program Description

Tai Chi for Arthritis is an ongoing evidence-based health promotion program for older adults. Gentle, flowing movements help promote:

- Increased flexibility
- Muscle strength
- Stress reduction
- Improved balance/mobility and reduced falls

Each class includes warm-up and cool-down exercises; breathing techniques; and movements taught with options appropriate for older adults, including:

- Higher stance options
- Modifications for mobility limitations
- Seated options as a starting point

Instructor Requirements

Provide **proof of certification** to instruct **Tai Chi for Arthritis** (provided to LCAAA prior to the first class). **Free training is provided!**

Maintain current accreditation by a **nationally recognized fitness organization**

CPR certification (required). **Free training is provided!**

Liability insurance (required; instructor provides and maintains coverage)

Willing to complete **recertification every 2 years** (one-day training) — provided at no cost by the County (through the Tai Chi Foundation Inc.)

Contact / How to Apply

Bonner Davis
Phone: 717-273-9262 ext. 5515
Email: bonner.davis@lebanoncountypa.gov