

Tai Chi

Local Instructor Contacts

This list is provided and maintained by the [Ohio Older Adult Falls Prevention Coalition](#). It is not intended to be a comprehensive list. To find additional Tai Chi instructors in your area, contact your local senior center, area agency on aging or martial arts studio. Inclusion of an instructor on this list does not represent an endorsement for any instructor by the coalition or the Ohio Department of Aging. Some Tai Chi classes may have a cost to attend.

County	Contact Person	Organization	Phone number	Website
Allen	MaryLou Paisley	Senior Citizens Services	419-303-9495	www.scslima.com
Allen	Michael Bendele		567-204-6613	
Ashland	Linda O'Brien		419-994-3517	
Ashtabula	Amy Plant		330-383-0957	www.aaa11.org
Athens	Barbara Conover		740-592-3325	
Athens	Joyce Lewis	United Seniors of Athens County, Inc.	740-594-3535	
Butler	Don Pape	Lakota YMCA	513-379-1543	www.lakotaymca.com
Columbiana	Barb Kliner	Stick to it Fitness	330-426-4860	
Columbiana	Amy Plant		330-383-0957	www.aaa11.org
Cuyahoga	Phyllis Schoenberger	Stand-up for Balance	440-785-7743	
Cuyahoga	Eb Molesch	Community Partnership on Aging	440-477-9233	www.communitypartnershiponaging.org
Cuyahoga	Michael Stadul		216-398-6822	
Cuyahoga	Antoinette Horn	Healer Within Foundation	440-666-7016	www.antoINETTEhorn.com

Delaware	Rhea Dawn Smith	Joyful wellness, LLC	740-815-6400	
Defiance	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com
Erie	Melissa Gibboney		419-557-7237	
Erie	Cassie Harmon		419-626-5623 ext. 175	www.ecghd.org
Erie	Gary Polvinale	Black Cat Tai Chi	419-357-1058	www.blackcattaichi.com
Erie	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com
Erie	Dennis White-Sifu	White Tiger Martial Arts	419-357-7874	
Fairfield	Margaret Quamme		740-652-5397	
Franklin	Jackie Metro	First Community Village	614-315-8064	
Franklin	Beth McCullough	JCC of Greater Columbus	614-559-6207	www.columbusjcc.org
Franklin	Rhea Dawn Smith	Joyfulwellness, LLC	740-815-6400	
Franklin	Kathryn Bowman	Licking County Community Center, Kendal Retirement center, Wesley Woods New Albany	614-378-3600	www.lickingcountycc.org ; www.wesleyatnewalbany.com
Franklin	Emily Yang	Ohio Health	614-566-4426	https://www.ohiohealth.com/health-and-wellness/classes-and-events
Franklin	Tony Palumbo		614-306-4148	
Franklin	Wayne Melton		614-854-0640	www.centralohiomartialarts.com

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Franklin	Lori Candon		614-263-4459	
Franklin	Howard Tibbs		614-268-4286	
Franklin	Sally Kriska		614-203-7913	
Franklin	Mike Grigsby		614-262-0956	www.fearlessfalling.com
Franklin	Dan Hughes		614-263-1668	
Franklin	Sarah Kriska		614-203-7913	fcchurch.com
Franklin	Lori Candon		614-263-4459	
Franklin	Margaret Quamme		740-652-5397	
Franklin	Diane Brogan-Habash	OSU Integrative Medicine	614-293-9777	
Fulton	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com
Greene	Susan Finster	Greene County Council on Aging	937-376-5486	www.gcco.org
Greene	Shanthi Venkat	Artful Healing, LLC	419-297-8555	
Guernsey	Kylee Quinn	Guernsey County Senior Citizens Center, Inc.	740-439-6681	
Hamilton	Karen Bergen	YMCA Clippard/Mercy Health Plex Queen City	513-313-8185	
Henry	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com
Holmes	Kerry MacQueen	Holmes County General Health District	330-674-5035 ext 251	www.holmeshealth.org
Huron	Gary Polvinale	Black Cat Tai Chi	419-357-1058	www.blackcattaiichi.com

Knox	Marshall Winkle		740-397-9692	
Lake	Libby Hill		440-478-6697	
Licking	Wayne Melton		614-854-0640	www.centralohiomartialarts.com
Lorain	Antoinette Horn	Healer Within Foundation	440-666-7016	www.antoINETTEhorn.com
Lorain	Phyllis Schoenberger	Stand-up for Balance	440-785-7743	
Lorain	Michael Stadul		216-398-6822	
Lucas	Gavin Pitt		567-686-4788	
Lucas	Kristin Calkins		419-367-9507	
Lucas	Dianne Jagielski		419-345-7387	
Lucas	Becky Rahe		419-266-0773	https://taichibl.wixsite.com/taichitoledo
Lucas	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com
Mahoning	Alex Bodie	Direction Home of Eastern Ohio	330-505-2330	
Mahoning	Cheri Picken	Ohio Living Park Vista of Youngstown	330-565-7193	
Mahoning	Amy Plant		330-383-0957	www.aaa11.org
Mercer	Kristina Stemen		419-296-0118	
Montgomery	Ping Yang		937-212-8135	
Muskingum	Brian Strickler	Tsunami Dojo Family Martial Arts Center	740-586-9516	https://www.facebook.com/TsunamiDojoFamilyMartialArtsCenter/?ref=bookmarks
Ottawa	Gary Polvinale	Black Cat Tai Chi	419-357-1058	www.blackcattaichi.com
Ottawa				
Paulding				

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Portage	Kim Mozzochi	Direction Home	330-899-5235	www.dhad.org
Portage	Lori Smith	Direction Home Akron Canton Area Agency on Aging	330-899-5255	www.dhad.org/resources-education/health-wealth-wellness-disease-prevention/
Richland	Caroline Wadsworth		419-756-5786	
Richland	Sue Hunt		419-631-9922	
Sandusky	Gary Polvinale	Black Cat Tai Chi	419-357-1058	www.blackcattaichi.com
Sandusky	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com
Stark	Kim Mozzochi	Direction Home	330-899-5235	www.dhad.org
Stark	Lori Smith	Direction Home Akron Canton Area Agency on Aging	330-899-5255	www.dhad.org/resources-education/health-wealth-wellness-disease-prevention/
Stark	Robert Wykoff		330-705-9608	
Summit	Robin Valatka	Cleveland Clinic Akron General	330-344-5129	
Summit	Kim Mozzochi	Direction Home	330-899-5235	www.dhad.org
Summit	Lori Smith	Direction Home Akron Canton Area Agency on Aging	330-899-5255	www.dhad.org/resources-education/health-wealth-wellness-disease-prevention/
Summit	Carol Powell	Summa Akron City Trauma Services	330-375-7069	
Trumbull	Alex Bodie	Direction Home of Eastern Ohio	330-505-2330	
Trumbull	Amy Plant		330-383-0957	www.aaa11.org
Tuscarawas	Denis Campbell Johns	Dover Public Library	330-852-3159	
Union	Rhea Dawn Smith	Joyful wellness, LLC	740-815-6400	
Union	Mary Linda Horn	Union County Family YMCA	740-972-5528	

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Wayne	Kim Mozzochi	Direction Home	330-899-5235	www.dhad.org
Wayne	Lori Smith	Direction Home Akron Canton Area Agency on Aging	330-899-5255	www.dhad.org/resources-education/health-wealth-wellness-disease-prevention/
Wayne	Robert Wykoff		330-705-9608	
Williams	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com
Wood	Cathy Stoldt	Area Office on Aging of Northwestern Ohio, Inc.	419-382-0624	areaofficeonaging.com