

NEW 12-WEEK SESSION!



Please register early. Classes that do not have sufficient enrollment will be canceled.

Join Tai Chi – Moving for Better Balance

“F” Street Recreation Center, 1225 “F” Street

January 16 through April 5

Class meets Tuesdays and Thursdays from 10:30 to 11:30 a.m.

Suggested contribution for age 60 and over is \$2 per class.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Research shows people who complete the 12-week session reduce their rate of falling by 55 percent.

Tai Chi has been shown to:

- Improve balance.
- Increase leg strength.
- Reduce fear of falling.
- Improve mobility.
- Improve flexibility.
- Improve psychological health.

To register, call Aging Partners Health and Fitness at 402-441-7575.