

**Do you want to improve your Balance?**

**Join our Tai Ji Quan: Moving for Better Balance® Class!**

Take steps now to improve your strength and balance and maintain an active lifestyle!

**What is Tai Ji Quan: Moving for Better Balance®?**

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older **adults 60+ years old** and people with balance difficulties.

This program can accommodate individuals who need some assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. You will learn the movements over the course of a 24-week class in a supportive environment.



Please join us for the next Tai Ji Quan: Moving for Better Balance® session!

Date – April 4, 2022

Time: 8:45 am – 9:45 am

Monday & Thursday

Location: Zoom

Cost: **FREE**

**Must be 60+ years old**

Contact: Connie Capacchione

**Uncas Health District**

860-639-5138