

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!

October 2, 2023-April, 2024

Monday and Thursday

Time: 8:45 am to 9:45 am

Location: Zoom/in-person

Cost: **FREE**

Must be 60+ years old

Contact: Connie Capacchione

Uncas Health District

860-639-5138