Please join us for
Tai Chi: Moving for Better Balance

12 WEEK CLASS: January 7 – March 26, 2020

Tuesdays and Thursdays 12:30pm-2:00pm

- Simplified Tai Chi for Seniors
- Intended for beginners
- Canes and walkers okay
- “If I can do it, YOU can do it!”
- Proven to reduce falls by 55%
- Developed with YOU in mind.

LOCATION: Ventura County Area Agency on Aging
646 County Square Drive, Ventura, CA, 93003

SIGN-UP WITH
Fall Prevention Program Coordinator
(805) 477-7300

VENTURA COUNTY VAAA
AREA AGENCY ON AGING
vcaaa.org

Ventura County Fall Prevention Program