Please join us for

Tai Chi:
Moving for Better Balance

12 WEEK CLASS: January 7 - March 26, 2020

Tuesdays & Thursdays: 10:00 am – 11:30 am

- 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: HELP of Ojai
111 Santa Ana Street, Ojai 93023

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