



Ventura County Area Agency on Aging's Fall Prevention Program presents Tai Chi: Moving for Better Balance

Tai Chi: Moving for Better Balance is an exercise program developed especially for older adults using modified practices designed to improve and strengthen balance and mobility. Classes are intended for beginners. Canes and walkers are welcome. This class is proven to reduce falls by 55 percent and is developed with YOU in mind.

ALL CLASSES ARE FREE

Santa Paula Senior Center
530 W. Main Street in Santa Paula
Tuesdays and Thursdays
May 10th – July 28th
10 a.m. – 11:30 a.m.

To register please call 805-477-7300 option 6.

HELP of Ojai
108 S. Montgomery Street in Ojai
Tuesdays and Thursdays
May 10th – July 28th
9:30 a.m. – 11:00 a.m.

To register, please call 805-646-5122

County of Ventura California Room
669 County Square Drive in Ventura
Wednesdays and Fridays
May 11th – July 29th
9 a.m. – 10:30 a.m.

To register please call 805-477-7300 option 6.

County of Ventura California Room
669 County Square Drive in Ventura
Wednesdays and Fridays
May 11th – July 29th
10:45 a.m. – 12:15 p.m.

To register please call 805-477-7300 option 6.

Ventura Church of Christ
5401 N. Bryn Mawr Street in Ventura
Wednesdays and Fridays
May 11th – July 29th
10:45 a.m. – 12:15 p.m.
To register please call 805-477-7300 option 6.

All classes will be socially distanced and will follow COVID-19 safety guidelines. Bathrooms may not be available at some locations.
Brought to you by the Ventura County Elderly Fall Prevention Coalition