Please join us for
Tai Chi:
Moving for Better Balance

12 WEEK CLASS: January 21 - May 5 2020

Tuesdays & Thursdays: 8:30 am - 10:00 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: Ventura Adult & Continuing Education, Rm 104
5200 Valentine Road, Ventura 93003

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