Please join us for
Tai Chi:
Moving for Better Balance

12 WEEK CLASS: March 5 - May 26, 2020

Tuesdays and Thursdays: 3pm - 4:30 pm

- 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: Gregory Gardens
9620 Telephone Road, Ventura

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

VENTURA COUNTY
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AREA AGENCY ON AGING
vcaa.org

Ventura County Fall Prevention Program