

# Tai Chi:

## Moving for Better Balance & Fall Prevention

### NEW YEAR NEW YOU!

Attention, members age 60 and over:

- Have you ever fallen?
- Are you concerned about falling?
- Want to learn how to avoid falling?

If so, Tai Chi, Moving for Better Balance and Fall Prevention is for you

This course has been proven to reduce the number of falls by those who complete it.

- course will start April 16 and end July 5
- classes will be held Tuesdays and Fridays at 1 pm for 60 minutes
- cost is \$40 per participant which includes instruction by a trained & certified professional, manual, balance risk assessment, and instructional DVD
- enroll early; maximum enrollment is 12
- payment is required at time of enrollment

For more information, please contact Beth McCullough  
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