

Tai Chi:

Moving for Better Balance & Fall Prevention



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 October 22 & end January 16
- classes will be held Mondays & Wednesdays at 2 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
at 559-6207 or bmccullough@columbusjcc.org

