



DIAMOND
FAMILY FITNESS CENTER
at the *J*

**NEW
SESSION
BEGINS
Oct. 16**

Tai Chi: Moving for Better Balance & Fall Prevention

This program includes 8 Tai Chi forms derived from the Yang style that will help participants:

- Maintain independence
- Improve confidence in daily activities
- Reduce risk of falling and sustaining injury
- Coordinate movement
- Improve body alignment
- Improve balance, strength and physical performance
- Reduce blood pressure and lower “bad” cholesterol levels

Instructor: Beth McCullough, Asst. Fitness Director

Beth has been trained through the Ohio Department of Health and the Ohio Injury Prevention Partnership.

Cost: \$45 per person (payment must be made at time of registration)

Date: Oct. 16, 2017 for 12 weeks

Time: Mondays and Thursdays at 2:00 pm

Location: JCC College Avenue - Group Exercise Studio

This is a twice-weekly, 12 week class. Attendees should be able to commit to the entire 12 weeks. CLASS SIZE LIMITED TO 15. Please note that this is a 12 week class; there will be NO pro-rating or drop-ins permitted. All participants must be registered prior to October 16. No refunds or credits will be given after October 16. Each participant will be required to complete a fall risk assessment and a liability waiver prior to participating.

Call Beth at (614) 559-6207 if you have any questions.



ADULT
PROGRAMS