

Do you want to improve your Balance?

Join our Tai Ji Quan: Moving for Better Balance[®] Class!

Take steps now to improve your strength and balance and maintain an active lifestyle!

What is Tai Ji Quan: Moving for Better Balance[®]?

Tai Ji Quan: Moving for Better Balance[®] is a research based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older adults 60+ years old and people with balance difficulties.

This program can accommodate individuals who need some assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. You will learn the movements over the course of a 24-week class in a supportive environment.



Please join us for the next Tai Ji Quan: Moving for Better Balance[®] session!

Date – Mar 20–Sept 25, 2020

Time: 9:00 am – 10:00 am

Class meets: Tues & Fri

Location: 12 Case St. # 208

Norwich

Cost: **FREE**

Contact: Connie Capacchione

Uncas Health District

860-639-5138