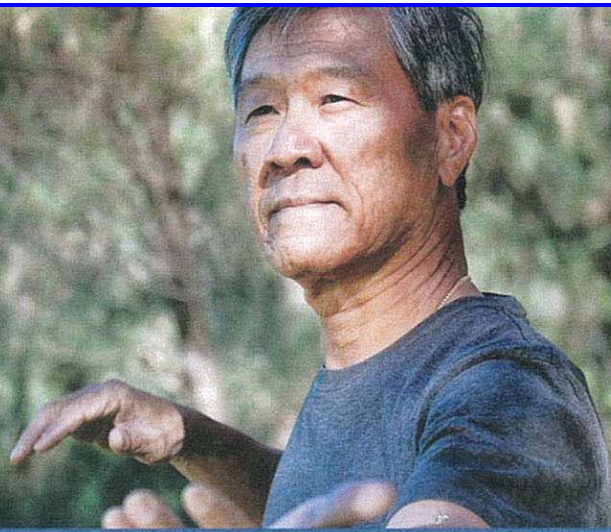


JOIN Tai Chi

Tai chi: Moving for Better Balance is an evidence-based program proven to reduce falls and improve fitness!



Good balance is essential in preventing falls, and the practice of Tai Chi has been recognized as an effective method of improving balance and overall well being.

What Will You Learn?

- Balance skills
- Good body alignment
- Coordinated movements in a circular and flowing motion

Who Should Attend?

- Older adults who are:
- Able to walk (canes and walkers are okay)
- Interested in improving balance, flexibility and strength

Who Teaches *Tai Chi: Moving for Better Balance*?

- An instructor who:
 - Has over five years of Tai Chi teaching experience
 - Is familiar with Yang-style Tai Chi
 - Is motivated and passionate
 - Has experience teaching older adults

***Tai Chi: Moving for Better Balance* classes are held for 60 minutes, 2 times a week for 12 weeks.**

For more information or to register call: Ella Johnson 330-253-4597 x168



These classes are being offered by
RSVP
Retired & Senior Volunteer Program
a program of Mature Services, Inc.
and with the support of Akron Area
Agency on Aging

