

Please join us for
Tai Chi:
Moving for Better Balance



12 WEEK CLASS: April 23 - July 19, 2018

Mondays & Wednesdays: 2:30 pm to 4:00 pm

- ◆ Simplified Tai Chi for Seniors
- ◆ Intended for beginners
- ◆ Canes and walkers okay
- ◆ "If I can do it, YOU can do it!"
- ◆ Proven to reduce falls by 55%
- ◆ Developed with YOU in mind.



LOCATION: VCAAA

646 County Square Drive, Ventura, CA 93003



SIGN-UP WITH

Dina U. Ontiveras

Fall Prevention Program Instructor at

(805) 477-7343

