

Please join us for
Tai Chi:
Moving for Better Balance



12 WEEK CLASS: January 2 - March 22, 2018

Tuesdays and Thursdays: 9:00 am to 10:30 am

- ◆ 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: HELP of Ojai

111 West Santa Ana Street in Ojai



SIGN-UP WITH

Dina U. Ontiveras

Fall Prevention Program Instructor at

(805) 477-7343

