

Please join us for
Tai Chi:
Moving for Better Balance



12 WEEK CLASS: January 8 - April 4, 2018

Mondays and 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: Buena Vida Apartments, Community Room

9050 Telephone Road, Ventura 93004



SIGN-UP WITH

Dina U. Ontiveras

Fall Prevention Program Instructor at

(805) 477-7343

