

AGING & INDEPENDENCE SERVICES

JOIN TAI CHI MOVING FOR BETTER BALANCE



**DO YOU WANT TO IMPROVE BALANCE
AND REDUCE YOUR RISK OF FALLING?
TRY TAI CHI!**

Tai Chi Moving for Better Balance has been shown to improve balance and mobility, and reduce the risk of falls. People of all ability levels are welcome. This class can be conducted from a seated or standing position.

St. John's Episcopal Church
760 1st Avenue, Chula Vista, CA 91910
Every Tuesday and Thursday | 2:00 pm - 3:00 pm
Starting September 20th, 2022 (Program runs for 24 weeks)

Questions? Call 858-495-5500 or
email HealthierLiving.HHSA@sdcounty.ca.gov