

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 (Tai Ji Quan) 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 March 11th

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

