



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FREE
12-WEEK
PROGRAM

HELPING YOU FEEL STRONG

**STEADY
 & SAFE**



Moving For Better Balance

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility... This is not true. You can build strength, improve balance, and gain confidence in your mobility through Moving For Better Balance. This evidence-based, instructor-led group program is designed to help you improve your strength, balance, flexibility and mobility, through slow, therapeutic movements based upon Tai Chi Chuan.

• **TO LEARN MORE ABOUT THE PROGRAM**
 • and register, call us at
 • **(631) 891-1800 ext. 809**
 •
 • Next Class Starts Monday, March 4th, 2019

Patchogue Family YMCA
12-week program
(631) 891-1800 ext. 809

Class times are Mondays and Wednesdays
12:00 pm - 1:00pm

