

## **The Healthier Aging Initiative**

Announces our very own Tai Chi Class

### **Tai Chi @ Ashby Village**

**Where:** Ashby Village Office

**When:** Tuesdays, 10:30am – 11:30am

**Tai Chi is one of the best exercise programs to improve balance and prevent falls.**



Tai Chi helps improve balance as it targets all the physical components needed to stay upright, leg strength, flexibility, range of motion, and reflexes. By making you firmer on your feet, it can also help to take away the “fear of falling”. Tai Chi has “zero” impact so it doesn’t put too much strain on aging bones and joints.

**Beginning Introductory Workshop: 10/1/19, 10:30 AM- 11:30 AM**

**Classes start on Tuesday 10/22/19 – 12/17/19 at 10:30 AM**

**Fee: \$30.00 for the semester**

Instructor: Lydia Shiozaki has been practicing Wu style Tai Chi since 1978. She has been teaching seniors at St John’s Presbyterian Church since 2007, and recently taught a series of tai chi workshops at Berkeley’s main library.

**For more information and sign up, contact Roberta Pressman**

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