

FREE! TAI CHI CLASS FREE!



JOIN A BEGINNERS TAI CHI CLASS TODAY!

Tai Chi: Moving for Better Balance is an evidence-based program proven to reduce falls & improve fitness

What Will You Learn?

- Balance skills
- Good body alignment
- Coordinated movements in a circular and flowing motion

Who Should Attend?

- Older adults who are:
 - Able to walk (canes and walkers are okay)
 - Interested in improving balance, flexibility, and strength

Who Teaches *Tai Chi: Moving for Better Balance*?

- An instructor who:
 - Is familiar with Tai Chi
 - Is motivated and passionate
 - Has experience teaching older adults

●●Classes start Wednesday June 19, 2019 at 9:30 AM to 11:00 AM●●

Grande Ronde Retirement and Assisted Living facility held in the Family/Friendship room. 1809 Gekeler Lane, La Grande, OR 97850

Sign up to day to attend. Class size is limited to 12 participants

Contact: Kathy Ganung @ 541-963-3186

