

Tai Ji Quan: Moving For Better Balance[®]

Classes

Sign Up Now!

Join us to improve your balance through participating in an evidence-based, adapted Tai Ji Quan program

Benefits:

- Improving muscle strength, balance, flexibility, and mobility
- Reducing risk of falls



DATE/TIME: Starting June 13, 2022, Mondays and Wednesdays
10:45-11:45 for 12 weeks

LOCATION: Olympic Unitarian Universalist Fellowship
1033 N Barr, Port Angeles, Wa 98362
And / or ZOOM

ATTIRE: Wear comfortable exercise clothing, bring water

COST: Free for residents 60 years or older of Clallam, Jefferson, Gray's Harbor and Pacific Counties thanks to a grant from Olympic Area Agency on Aging

PREREGISTER: Required; Space is limited

CALL: 360-504-8627