Join Now - Tai Chi: Moving For Better Balance!

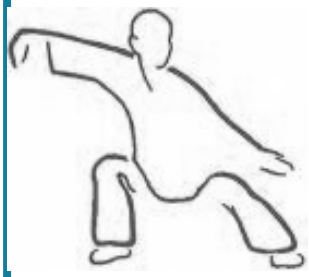
Are you 60+ and want to stay independent and prevent falls?

Improve balance and mobility with slow, controlled movement

Class starts: Monday, March 6th

****FREE****

St. Paul's Plaza –
Mathes Community Center
1420 Palomar St.
Chula Vista, CA 91913
12-week class (March-May)



Mondays and Wednesdays

10:00 am – 11:00 am

For more details call (858) 495-5500

Developed by Oregon Research Institute senior scientist,
Dr. Fuzhong Li, Ph.D.

This class is sponsored by the
County of San Diego,
Aging & Independence Services
www.HealthierLivingSD.org

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