

Tai Chi: Moving for Better Balance

Tai Chi can help:

- *Improve Balance*
- *Reduce fear of falling*
- *Increase strength, mobility, and flexibility*
- *Improve psychological well-being*
- *Reduce falls*

**Register Today!
Space is Limited!**

Donations Accepted



Beginner class. Learn 8 forms of the 24 Yang-style Tai Chi. FREE to anyone 60 or better.

For more information, current class schedule, or to register, contact Whitney:

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Weld County Area Agency on Aging

• Weld Aging Well •

