



Join Tai Chi!



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

Improve balance and mobility with slow, controlled movement

Tai Chi: Moving For Better Balance and **Tai Chi for Arthritis** are **FREE** evidence-based programs for older adults which focus on improving balance, strength, and flexibility and reducing falls. All ability levels are welcomed.

See reverse side for a schedule of classes.

For more information, visit HealthierLivingSD.org or call (858) 495-5500



2019 Schedule

Class Site	Type	Mon	Tues	Wed	Thurs	Fri
El Cajon Silvercrest Senior Residence 175 S. Anza St. El Cajon, CA 92020 (618) 442-1995 Instructor: Joyce Ann Martin	Tai Chi for Arthritis		11:00 AM – 12:00 PM		11:00 AM – 12:00 PM	
Linda Vista Library 2160 Ulric St. San Diego, CA 92111 (858) 573-1398 Instructor: Cassandra Wang	Tai Chi: Moving for Better Balance	10:00 AM – 11:00 AM			10:00 AM – 11:00 AM	
Montgomery-Waller Recreation Center 3020 Coronado Ave. San Diego, CA 92154 (619) 424-0466 Instructor: Ruth Cole *Start Date: 9/10	Tai Chi: Moving for Better Balance		2:00 PM – 3:00 PM		2:00 PM – 3:00 PM	
Norman Park Senior Center 270 F St. Chula Vista, CA 91910 (619) 409-1930 Instructor: Michael Fleming *Start Date: 9/16	Tai Chi: Moving for Better Balance	11:30 AM – 12:30 PM		11:30 AM – 12:30 PM		
Tierrasanta Village 5275 Rimpark Ln. San Diego, CA 92124 (858) 569-9119 Instructor: Cassandra Wang	Tai Chi: Moving for Better Balance			10:00 AM – 11:00 AM		10:00 AM – 11:00 AM
Imperial Beach Sports Park 425 Imperial Beach Blvd. Imperial Beach, CA 91932 (619) 934-9137 Instructor: Ruth Cole	Tai Chi: Moving for Better Balance		11:30 AM – 12:30 PM		11:30 AM – 12:30 PM	
South Chula Vista Library 389 Orange Ave. Chula Vista, CA 91911 (619) 585-5755 Instructor: Michael Fleming	Tai Chi: Moving for Better Balance		11:30 AM – 12:30 PM		11:30 AM – 12:30 PM	