



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 HealthierLiveSD.org or call (858) 495-5500



2019 Schedule

Class Site	Type	Mon	Tues	Wed	Thurs	Fri
Colina Del Sol Recreation Center 5319 Orange Ave San Diego, CA 92115 (619) 235-1144 Instructor: Ruth Cole	Tai Chi: Moving for Better Balance		2:00 PM – 3:00 PM		2:00 PM – 3:00 PM *except 2nd Thursday	
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	
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	
Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977 (619) 479-1832 Instructor: Joyce Ann Martin	Tai Chi for Arthritis		11:00 AM – 12:00 PM		11:00 AM – 12:00 PM	
South Chula Vista Library 389 Orange Ave Chula Vista, CA 91911 (619) 585-5755 Instructor: Michael Fleming	Tai Chi: Moving for Better Balance		11:00 AM – 12:00 PM 12:00 PM – 1:00 PM		11:00 AM – 12:00 PM 12:00 PM – 1:00 PM	
Kalos Apartments 3795 Florida St San Diego, CA 92104 (619) 362-4888 Instructor: Joyce Ann Martin	Tai Chi for Arthritis		3:00 PM – 4:00 PM		3:00 PM – 4:00 PM	

This class is sponsored by the County of San Diego,
Health & Human Services Agency

www.HealthierLivingSD.org

