



JOIN 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

****FREE****

Tai Chi: Moving For Better Balance is an evidence-based FREE program for older adults focusing on improving balance, strength, and flexibility. All ability levels are welcomed.

For more information visit:
www.HealthierLivingSD.org

For more information call:
858-495-5500

See full
schedule



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

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

www.HealthierLivingSD.org





Tai Chi: Moving For Better Balance

2019 SCHEDULE OF CLASSES

Class Site	Mon	Tues	Wed	Thurs	Fri
Colina Del Sol Recreation Center 5319 Orange Avenue San Diego, CA 92115 (619) 235-1144 Instructor: Ruth Cole		2:00pm - 3:00pm		2:00pm - 3:00pm *except 2nd Thursday (bingo)	
Linda Vista Library 2160 Ulric Street San Diego, CA 92111 (858) 573-1398 Instructor: Cassandra Wang	10:00 – 11:00 AM			10:00 – 11:00 AM	
Tierrasanta Village 5275 Rimpark Lane San Diego, CA 92124 (858) 569-9119 Instructor: Cassandra Wang			10:00 – 11:00 AM		10:00 – 11:00 AM
Imperial Beach Sports Park 425 Imperial Beach Blvd. Imperial Beach, CA 91932 (619) 934-9137 Instructor: Ruth Cole		11:30 – 12:30 PM		11:30 – 12:30 PM	
South Chula Vista Library 389 Orange Avenue Chula Vista, CA 91911 (619) 585-5755 Instructor: Michael Fleming		11:00 – 12:00 PM		11:00 – 12:00 PM	

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

www.HealthierLivingSD.org

