



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 that focus on improving balance, strength, and flexibility and reducing falls. All ability levels are welcome.

See reverse side for a schedule of classes.

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



2020 Schedule

Class Site	Type	Mon	Tues	Wed	Thurs	Fri
<p>Linda Vista Library 2160 Ulric St. San Diego, CA 92111 (858) 573-1398 Instructor: Cassandra Wang</p>	Tai Chi: Moving for Better Balance	10:00AM – 11:00AM			10:00AM – 11:00AM	
<p>Montgomery-Waller Recreation Center 3020 Coronado Ave. San Diego, CA 92154 (619) 424-0466 Instructor: Ruth Cole</p>	Tai Chi: Moving for Better Balance		2:00PM – 3:00PM		2:00PM – 3:00 M	
<p>Tierrasanta Village 5275 Rimpark Ln. San Diego, CA 92124 (858) 569-9119 Instructor: Cassandra Wang</p>	Tai Chi: Moving for Better Balance			10:00AM – 11:00AM		10:00AM – 11:00AM
<p>Imperial Beach Sports Park 425 Imperial Beach Blvd. Imperial Beach, CA 91932 (619) 934-9137 Instructor: Ruth Cole</p>	Tai Chi: Moving for Better Balance		11:30AM – 12:30PM		11:30AM – 12:30PM	
<p>San Diego Silvercrest 727 E St. San Diego, CA 92101 (619) 550-5990 Instructor: Joyce Ann Martin</p>	Tai Chi for Arthritis	3:00PM – 4:00PM		3:00PM – 4:00PM		