



# 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](https://HealthierLivingSD.org)  
or call (858) 495-5500



# 2020 Schedule

Class Site	Type	Mon	Tues	Wed	Thurs	Fri
<b>Linda Vista Library</b> 2160 Ulric St. <b>San Diego, CA 92111</b> (858) 573-1398 <b>Instructor:</b> Cassandra Wang	Tai Chi: Moving for Better Balance	10:00AM – 11:00AM			10:00AM – 11:00AM	
<b>Montgomery-Waller Recreation Center</b> 3020 Coronado Ave. <b>San Diego, CA 92154</b> (619) 424-0466 <b>Instructor:</b> Ruth Cole	Tai Chi: Moving for Better Balance		2:00PM – 3:00PM		2:00PM – 3:00 M	
<b>Tierrasanta Recreation Center</b> 11220 Clairemont Mesa Blvd. <b>San Diego, CA 92124</b> (858) 569-9119 <b>Instructor:</b> Cassandra Wang	Tai Chi: Moving for Better Balance	12:00PM – 1:00PM			11:45AM – 12:45 PM	
<b>Imperial Beach Sports Park</b> 425 Imperial Beach Blvd. <b>Imperial Beach, CA 91932</b> (619) 934-9137 <b>Instructor:</b> Ruth Cole	Tai Chi: Moving for Better Balance		11:30AM – 12:30PM		11:30AM – 12:30PM	
<b>San Diego Silvercrest</b> 727 E St. <b>San Diego, CA 92101</b> (619) 550-5990 <b>Instructor:</b> Joyce Ann Martin	Tai Chi for Arthritis	3:00PM – 4:00PM		3:00PM – 4:00PM		