

Find your BALANCE at the Senior Center!



Tai Chi can reduce your risk of falling.

Take a class at the Senior Center!

Are you are worried about falling? Tai Chi can help!

Studies have shown that Tai Chi can reduce falls for seniors by up to 45%.

Tai Chi targets the physical elements necessary for good balance. From leg strength, flexibility, posture, range of motion and reflexes, Tai Chi helps to build a strong physical foundation to improve balance for everyone. Tai Chi is a gentle martial art practiced in slow motion which makes it good for people of all ages! In addition, Tai Chi is shown to increase confidence in seniors helping to reduce the fear of falling which has been shown to have a negative effect on balance.

Classes are held every Monday from 11:00AM - Noon or 5:30PM - 6:30PM
\$5/class or \$15/month - Check must be made payable to SSPI.

For more information, contact the Senior Center at 533-2622 or contact the instructor Phil Vance at filldo@gmail.com or 530-966-3982