

Tai Ji Quan:

Moving for Better Balance

An exercise and fall prevention class for older adults



Hybrid Beginner classes available!

In the Evidence-Based Tai Ji Quan Beginner program, you will learn:

- balance skills
- good body alignment
- coordinated movements in a circular, flowing motion
- to increase your muscle strength, flexibility, and mobility.

Spring Class Schedule

Tai Ji Quan Beginner

Mondays and Wednesdays

Dates: March 20 - June 12

Time: 11:00 AM - 12:00 PM

Relax and have fun with Tai Ji Quan!

- Slow, smooth, and safe movements
- Two **hybrid** sessions per week, 12 weeks
- Access virtual sessions from a computer, laptop or tablet
- Join in person (masks required).
- Cost: Free will donations accepted to OMC Regional Foundation

To register visit www.yourjuniper.org (click find classes, then click online and prevent falls, then enter '55904' for zip code – search for Olmsted Medical Center class)

For more information, call **507.292.7118** or email kowens@olmmed.org.

