

Tai Ji Quan:

Moving for Better Balance

An exercise and fall prevention class for older adults



Virtual Advanced classes available!

The Tai Ji Quan Advanced Class is a continuation of the Beginner Tai Ji Quan.

- Builds upon principles and foundations taught in beginner class
- Focus is on physical and mental wellbeing, improvement in gait, balance, and mobility
- Elaborate on eight form and movement drills
- Movements are slow, smooth, and safe
- Prerequisite: Must have completed the Beginner program

Class Schedule

Tai Ji Quan Advanced

Mondays and Wednesdays

March 7 - June 1

From: 2:00 PM - 3:00 PM

September 12 - November 30

From: 11:00 AM - 12:00 Noon

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)

Relax and have fun with Tai Ji Quan!

- All participants must have completed at least one Tai Ji Quan session
- Slow, smooth, and safe movements
- Two **virtual** sessions per week, 12 weeks
- Access virtual sessions from a computer, laptop or tablet
- Cost: Free will donations accepted to OMC Regional Foundation

For more information, call **507.292.7210** or email kowens@olmmed.org.