

**JOIN**

**Tai Chi:**

**Moving for Better Balance**

**What Will You Learn?**

* Balance Skills
* Good body alignment
* Coordinated movements in a circular and flowing motion

**What are some other reported benefits of Tai Chi?**

* Better and longer sleep
* Reduced arthritis symptoms
* Lowered blood pressure
* Reduced anxiety
* Reduced depression

**Instructor**

John Doe

Tai Chi: Moving for Better Balance Certified Instructor