**Tai Chi: Moving for Better Balance**

For seniors age 55 and up

**Parking on street and small lot**

**Limited handicap accessibility**

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| couple walking.JPG | ***FREE*** *12 week class meeting**Tuesdays and Thursdays starting:*Tuesday, April 2, 201310:00 a.m. – 11:00 a.m.Portland State Office Building800 NE Oregon St., Wellness CenterPortland, OR 97232 |

**BENEFITS:**

* Improved balance, flexibility, muscle strength and mobility
* Reduced risk of falling
* Low impact exercise that can be done from a seated position
* Good body alignment
* and More

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| ***couple sitting.JPG*** |  |
| **Contact Information:** |
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