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| What Will You Learn?* Balance skills
* Good body alignment
* Coordinated movements in a circular and flowing motion

Who Should Attend?* Older adults who are:
* Able to walk (canes and walkers are okay)
* Interested in improving balance, flexibility, and strength
* Program can be modified for seated participants

Who Teaches *Tai chi: Moving for Better Balance*?* An instructor who:
* Has Tai chi teaching experience
* Is certified by Oregon Research Institute
* Is motivated and passionate
* Has experience teaching older adults
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