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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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