



Tai Chi: Moving for Better Balance

This evidence-based community fall prevention program transforms traditional Tai Chi movements into therapeutic training for improved balance and daily functioning. The movements are simple, continuous and rhythmic.

The program is designed for older adults and is traditionally done standing, using coordinated eye, head, hand, and body movements. It can be modified for those with mobility difficulties.

Participants should wear comfortable clothing and shoes. Shoes with a minimal sole are recommended.

Tuesdays & Thursdays / February 13—March 29, 2018 (7-Weeks)

11:15 AM—12:15 PM

Clatsop Community College—1651 Lexington Ave.—Patriot Hall, Room 305

Fee: \$35.00

Tuesdays & Thursdays / April 10—May 31, 2018 (8-Weeks)

11:15 AM—12:15 PM

Clatsop Community College—1651 Lexington Ave.—Patriot Hall

Fee: \$40.00

Must have a minimum of 8 participants to hold this class.

Class size is limited to 15.

You can register online at www.columbiamemorial.org, or by calling the CMH Community Outreach Department @ 503-338-7564, or by e-mail to cham@columbiamemorial.org.