

DO YOU WANT TO IMPROVE YOUR BALANCE?

Join our **VIRTUAL** Tai Ji Quan:
Moving for Better Balance® Class!



CT Healthy Living
COLLECTIVE

The Hebron Senior Center and the CT Healthy Living Collective
will be running Tai Ji Quan®: Moving For Better Balance soon!

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls. It is designed for older adults and people with balance difficulties.

No prior experience with Tai Chi is needed.

- You will learn the movements over 24 weeks in classes held twice a week.
- Classes are taught *VIRTUALLY* by trained instructors in a supportive environment.
- This program can accommodate individuals who need some assistance with walking, such as use of a cane.

Limited spots available: Sign up now!

This 24 week program will run twice a week from
Monday, March 29th through – Wednesday, September 22, 2021
11:00AM – Noon on Mondays and Wednesdays

This is a virtual class held via Zoom. If you need assistance with Zoom, please contact us!

This program is offered at no charge in partnership with the CT Healthy Living Collective and funded in part by the Older Americans Act through the North Central Area on Aging.



HEBRON SENIOR CENTER / AKA - RUSSELL MERCIER SENIOR CENTER
12 Stonecroft Drive,
Hebron, CT 06248
860-228-1700

Class Mondays & Wednesdays 11:00AM – Noon
March 29 – September 22, 2021

Please RSVP by March 25, 2021 to:

NAME: Mandy Roczniak

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PHONE: 860-228-1700 ext. 202