

You have the power to prevent a fall.

Join Tai Chi to gain balance and prevent a fall
Falls are the #1 cause of injury in adults over 55

When:

May 23rd – June 29th
Mondays and Wednesdays
4:00 – 4:50pm

What:

\$25 for 12 sessions for 6 weeks

Where:

Virtual

Sign up Online:

<https://events.unitypoint.org/a2j6f000002ojvi>

***Zoom application needs to be downloaded prior to the start of class**

