



Ventura County Area Agency on Aging's Fall Prevention Program presents **TAI CHI: MOVING FOR BETTER BALANCE**

TAI CHI: MOVING FOR BETTER BALANCE is an exercise program developed especially for older adults using modified practices designed to improve and strengthen balance and mobility. Classes are intended for beginners and are for ages 60+. Canes and walkers are welcome. This class is proven to reduce falls by 55 percent and is developed with YOU in mind. *Bathrooms may not be available at some locations.*

ALL CLASSES ARE FREE

Oxnard Performing Arts Center

800 Hobson Way in Oxnard

Tuesdays & Thursdays — August 8 through October 26
9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

HELP of Ojai

108 S. Montgomery Street in Ojai

Tuesdays & Thursdays — August 8 through October 26
10 a.m. to 11:30 a.m.

County of Ventura California Room

669 County Square Drive in Ventura

Wednesdays & Fridays — August 9 through October 27
9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

Ventura Church of Christ

5401 N. Bryn Mawr Street in Ventura

Wednesdays & Fridays — August 9 through October 27
10:45 a.m. to 12:15 p.m.

For more information or to register for classes, call (805) 477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaa.org/falls. For the HELP of Ojai class, call (805) 646-5122.
Brought to you by the Ventura County Elderly Fall Prevention Coalition

