

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 Public Library**

251 South A Street in Oxnard

Tuesdays & Thursdays — August 13 through October 31  
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 13 through October 31  
9 a.m. to 10:30 a.m.

**County of Ventura California Room**

669 County Square Drive in Ventura

Wednesdays & Fridays — August 14 through November 1  
9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

**Community Presbyterian Church**

1555 Poli Street in Ventura

Wednesdays & Fridays — August 14 through November 1  
10 a.m. to 11:30 a.m.

**Ventura Church of Christ**

5401 N. Bryn Mawr Street in Ventura

Wednesdays & Fridays — August 14 through November 1  
10:45 a.m. to 12:15 p.m.

**Buenaventura Mobile Home Estates**

11405 Darling Road in Ventura

Wednesdays & Fridays — August 14 through November 1  
10:45 a.m. to 12:15 p.m.

Fall Prevention classes are open to individuals 60 and older, and their spouses (even if under 60).  
For more information or to register for classes, call (805) 477-7300 (option 6),  
email [Fall.Prevention.Program@ventura.org](mailto:Fall.Prevention.Program@ventura.org), or visit [vcaaa.org/falls](http://vcaaa.org/falls).

To register for the HELP of Ojai class, call (805) 646-5122.

Brought to you by the Ventura County Elderly Fall Prevention Coalition