

Ventura County Area Agency on Aging's  
Fall Prevention Program presents:

**TAI CHI:  
MOVING FOR  
BETTER BALANCE**



**COUNTY of VENTURA**  
Human Services Agency  
Area Agency on Aging



**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**

**HELP of Ojai**

108 S. Montgomery St. in Ojai  
Tuesdays & Thursdays — January 7 through March 27  
9:30 a.m. to 11 a.m.

**Ventura Church of Christ**

5401 N. Bryn Mawr St. in Ventura  
Wednesdays & Fridays — January 8 through March 28  
10:45 a.m. to 12:15 p.m.

**Oxnard Public Library**

251 South A St. in Oxnard  
Tuesdays & Thursdays — January 14 through April 3  
9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

**County of Ventura California Room**

669 County Square Dr. in Ventura  
Wednesdays & Fridays — January 15 through April 4  
9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

**Community Presbyterian Church**

1555 Poli St. in Ventura  
Wednesdays & Fridays — January 15 through April 4  
10 a.m. to 11:30 a.m.

**Buenaventura Mobile Home Estates**

11405 Darling Rd. in Ventura  
Wednesdays & Fridays — January 15 through April 4  
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