



# VNA Northwest



Free

## “Tai Chi For Better Balance”

Mondays 11:00 a.m. – 12:00 noon

May 16, 23, (May 30 no class)

June 6, 13, 20 and 27, 2016

Warren Community Center, 7 Sackett Hill Rd., Warren

These classes are designed based on the Tai Chi principle and will include warm-ups, Tai Chi movements and discussion. Based on ancient Chinese Tai Chi uses gentle flowing motions to strengthen the body, relax the mind and reduce the risk of falls.

**To register please call VNA Northwest**

**860-567-6000 or 860 482-0596**

Funding for this program is provided by a grant from The Connecticut Collaboration For Fall Prevention.