TAI CHI FOR IMPROVED BALANCE

A FOREVERWELL PROGRAM FOR AGES 55+

✓ No experience necessary ✓ Suitable for all fitness levels

Join our certified instructors as they guide you through workouts that improve your balance in this adapted Tai Chi program. This program can help improve muscle strength, balance, flexibility, & mobility, and reduce risk of falls

MONDAY'S & WEDNESDAY'S
Sept. 9th through Nov. 30th

10:00am-11:00am

Limited to 17 participants

STATELINE FAMILY YMCA
Ironworks Branch | Small Multi-Purpose Room

MEMBERS: FREE | COMMUNITY: $50/month

ERIN SCOTT
(608) 365-2261 | escott@statelineymca.org

Registration required. Deadline: Sept. 4th

Learn more and sign-up at the front desk, or by visiting
statelineymca.org/betterbalance