

TAI JI QUAN

MOVING FOR BETTER 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 evidence-based, adapted Tai Ji Quan program. This program can help improve muscle strength, balance, flexibility, & mobility, and reduce risk of falls



MONDAY'S & WEDNESDAY'S
OCT. 13, 2025 - MAR. 25, 2026



11:00am-12:00pm

Limited to 15 participants



STATELINE FAMILY YMCA
Ironworks Branch | K.F. Multi-Purpose Room



MEMBERS: FREE | COMMUNITY: \$50/month



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

Registration required. Deadline: Oct. 1st.

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

