



Floridians Fighting Falls, Inc.

Tai Chi Moving for Better Balance!

What is Tai Chi? Tai Chi is a gentle form of physical activity ideal for elders who have uncertain balance and a fear of falling.

Participants of Tai Chi activities can become more secure and confident.

First United Methodist Church of Hobe Sound, contact Audrey: 772-485-5529

10100 SE Federal Highway, Hobe Sound **Mon. & Wed. 10 AM – 11 AM**

Trinity Methodist Church,

2221 NE Savannah Rd., Jensen Beach

contact Becky: 772-215-0539

Tues. & Thurs. 11 AM – Noon

Log Cabin Community Center,

2369 NE Dixie Hwy, Jensen Beach

contact Joan: 908-963-6238

Tues. & Thurs. 9 AM – 10 AM

Port Salerno Civic Center,

4710 SE Anchor Ave, Stuart

contact Joan: 908-963-6238

Tues & Wed. 11 AM – Noon

Palm City Civic Center,

2701 SE Cornell Avenue, Palm City

contact Joan: 908-963-6238

Tues. & Wed. 2 - 3 PM

Natalie Estates,

4800 SE Federal Highway, Stuart

contact Jessica: 801-319-3926

Tues. & Thurs. 10:30 - 11:30 AM

24 Yang Style: at Danceworks:

6548 SE Federal Hwy, Stuart

Tai Chi Chuan level 1 & 2 Yang style

contact Jean: 561-252-9325

Tues. 10:00 – 11:00 AM

Floridians Fighting Falls Office

Monday: 4:00 PM – 5:00 PM

AND: *Tai Chi Under the Trees* - a great way to start your weekend:

Every Saturday at Zeus Park, Hobe Sound 8 – 9 AM

Call the office with any questions! Watch Your Step

11/13/18

8965 S. E. Bridge Rd, Ste. 9

Hobe Sound, FL 33455

772-932-7264

A 501(c) (3) Fall Prevention and Education Program

www.fightingfalls.org