

Learn to prevent falls by strengthening your mind and body!

Free Virtual Tai Chi for Fall Prevention & Arthritis

Tuesdays & Thursdays

January 12 - March 23, 2021

10:30 - 11:30 am

via Zoom

**Participants will need wi-fi and
access to a computer, laptop, or
tablet with camera.**



**60 years
& older**



**If you would like to improve your
relaxation and balance, this
workshop is for you!**

***Movements are performed at a higher
stance to make it easier for participants,
even those with arthritis.***

***They can also be performed as a seated
exercise.***

In twice-weekly sessions you will learn:

- Warm-up and cool-down exercises
- One or two Tai Chi movements per session, slowly leading to completing at least the six core basic movements
- Breathing techniques
- Tai Chi principles to improve balance of the body and mind

**For more information or to register,
call (209) 468-1422 or email cmatty-cervantes@sjgov.org.**



LittleManila RISING



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