

## 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. Frail persons who participate in Tai Chi activities can become more secure and confident.

#### Martin County Classes

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

10100 S.E. Federal Highway – across from post office Mon. and  
Wed. 10 AM – 11 AM

**Trinity Methodist Church, contact Becky: 772-215-0539**

2221 NE Savannah Rd., Jensen Beach Tues. and  
Thurs. 11 AM – Noon

**Miles Grant County Club, contact Jean: 561-252-9325**

Off Cove Road, (East) Stuart, FL 34997  
Tues. 10:00 – 10:30 AM Tai Chi Basics  
Tues. 10:30 – 11:30 AM Tai Chi Level 1 and Wed. –  
10:30 AM – 11:30 AM Tai Chi Level 1

**Floridians Fighting Falls Office**

Monday and Wednesday: 4:30 PM – 5:30 PM

AND: Outdoor practice, a great way to start your weekend: ***Tai Chi  
Under the Trees***  
***Every Saturday at Zeus Park, Hobe Sound 8 – 9 AM***

Call the office with any questions! Watch Your Step

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8965 S. E. Bridge Rd, Ste. 9

Hobe Sound, FL 33455

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

**772-932-7264**

[www.fightingfalls.org](http://www.fightingfalls.org)