

Breckenridge Senior Center

225 5th Street South

Tai Ji Quan Class **Moving for Better Balance**

If we can get enough people we will be running a Tai Ji Quan Class - Moving for Better Balance at the Breckenridge Senior Center starting March 18 and ending on June 5th.

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be perfect activity for the rest of your life.

Designed for older adult at risk of falling and people with balance disorders.

- Marcy Schutt is willing to teach the Class.
- We are planning to start the class **March 18**,
- Running the class Tuesday and Thursdays
- Class time 10:00 AM - 11:00 AM
- This class runs for 12 weeks.

This is a free class, the only thing we ask is that you are committed to the class. We would expect for you to be at as many sessions as possible.

Breckenridge Senior Center
March 18 - June 5, Tuesday & Thursday
10:00 AM - 11:00 AM

Please let Harlan know if you are interested.