



Ventura County Area Agency on Aging's Fall Prevention Program presents Tai Chi: Moving for Better Balance

Tai Chi: Moving for Better Balance is an exercise program developed especially for older adults using modified practices designed to improve and strengthen balance and mobility. Classes are intended for beginners. Canes and walkers are welcome. This class is proven to reduce falls by 55 percent and is developed with YOU in mind.

Bathrooms may not be available at some locations.

ALL CLASSES ARE FREE

Oxnard Performing Arts Center
800 Hobson Way in Oxnard
Tuesdays and Thursdays
January 10th – March 30th
9 a.m. – 10:30 a.m.

To register please call 805-477-7300 option 6.

Oxnard Performing Arts Center
800 Hobson Way in Oxnard
Tuesdays and Thursdays
January 10th – March 30th
10:45 a.m. – 12:15 p.m.

To register please call 805-477-7300 option 6.

HELP of Ojai
108 S. Montgomery Street in Ojai
Tuesdays and Thursdays
January 10th – March 30th
9 a.m. – 10:30 a.m.

To register please call 805-646-5122

County of Ventura California Room
669 County Square Drive in Ventura
Wednesdays and Fridays
January 11th – March 31st
9 a.m. – 10:30 a.m.

To register please call 805-477-7300 option 6.

Ventura Church of Christ
5401 N. Bryn Mawr Street in Ventura
Wednesdays and Fridays
January 11th – March 31st
10:45 a.m. – 12:15 p.m.

To register please call 805-477-7300 option 6.

Community Presbyterian Church
1555 Poli Street in Ventura
Wednesdays and Fridays
January 11th – March 31st
10 a.m. – 11:30 a.m.

To register please call 805-477-7300 option 6.