



## 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 and are for ages 60+. 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 Public Library**

251 South A Street in Oxnard

Tuesdays & Thursdays — January 9 through March 28  
9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

### **HELP of Ojai**

108 S. Montgomery Street in Ojai

Tuesdays & Thursdays — January 9 through March 28  
10 a.m. to 11:30 a.m.

### **County of Ventura California Room**

669 County Square Drive in Ventura

Wednesdays & Fridays — January 10 through March 29  
9 a.m. to 10:30 a.m.

### **Community Presbyterian Church**

1555 Poli Street in Ventura

Wednesdays & Fridays — January 10 through March 29  
10 a.m. to 11:30 a.m.

### **Ventura Church of Christ**

5401 N. Bryn Mawr Street in Ventura

Wednesdays & Fridays — January 10 through March 29  
10:45 a.m. to 12:15 p.m.

### **Buenaventura Mobile Home Estates**

11405 Darling Road in Ventura

Wednesdays & Fridays — January 10 through March 29  
11:15 a.m. to 12:45 p.m.

For more information or to register for classes, call (805) 477-7300 (option 6), email [Fall.Prevention.Program@ventura.org](mailto:Fall.Prevention.Program@ventura.org), or visit [vcaaa.org/falls](http://vcaaa.org/falls). For the HELP of Ojai class, call (805) 646-5122.

Brought to you by the Ventura County Elderly Fall Prevention Coalition

