

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

HELP of Ojai

108 S. Montgomery St. in Ojai
Tuesdays & Thursdays — April 15 through July 3
9:30 a.m. to 11 a.m.

Ventura Church of Christ

5401 N. Bryn Mawr St. in Ventura
Wednesdays & Fridays — April 16 through July 9
10:45 a.m. to 12:15 p.m.

Oxnard Public Library

251 South A St. in Oxnard
Tuesdays & Thursdays — April 15 through July 3
9 a.m. to 10:30 a.m. OR 10:45 a.m. to 12:15 p.m.

County of Ventura California Room

669 County Square Dr. in Ventura
Wednesdays & Fridays — April 16 through July 9
9 a.m. to 10:30 a.m.

Community Presbyterian Church

1555 Poli St. in Ventura
Wednesdays & Fridays — April 16 through July 9
10 a.m. to 11:30 a.m.

Buenaventura Mobile Home Estates

11405 Darling Rd. in Ventura
Wednesdays & Fridays — April 16 through July 9
10:45 a.m. to 12:15 p.m.

Fall Prevention classes are open to individuals 60 and older, and their spouses (even if under 60). For more information or to register for classes, call 805-477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaaa.org/falls.
To register for the HELP of Ojai class, call 805-646-5122.

Brought to you by the Ventura County Elderly Fall Prevention Coalition