

tai chi
FOR BALANCE

*Free
Introductory
Session*

*Start the New Year by learning a
gentle way to improve flexibility
and balance.*



*Learn the 8-Form Moving
for Better Balance practice.*

*Refresh skills learned in
other classes.*

January 7, 2017

12:30 p.m. to 4:30 p.m.

Fort Calhoun Presbyterian Church

123 N 13th Street

Enter east side of lower level.

Led by certified instructor. Contact Suzanne Gucciardo
at 402-468-5848 for more information.

The Council on Aging and Centers for Disease
Control encourage Tai Chi to reduce the risk of falls.
Suitable for people of all ages to improve balance and
well-being through gentle movement.