

Tai Ji Quan

Moving for Better Balance



Starting Monday, November 20
Mondays & Wednesdays | 8:30 – 9:30 am
36 Shopping Center, Silver Bay



Slow, flowing movements relax the mind and build the body. Each session consists of warm-up exercises, a mix of core forms and brief cool-down exercises.

Benefits of Tai Ji Quan

Build strength and increase postural control and range of motion

Increase awareness of body positioning

Control your center of gravity to prevent falls

Maintain functional capabilities that will help you remain independent

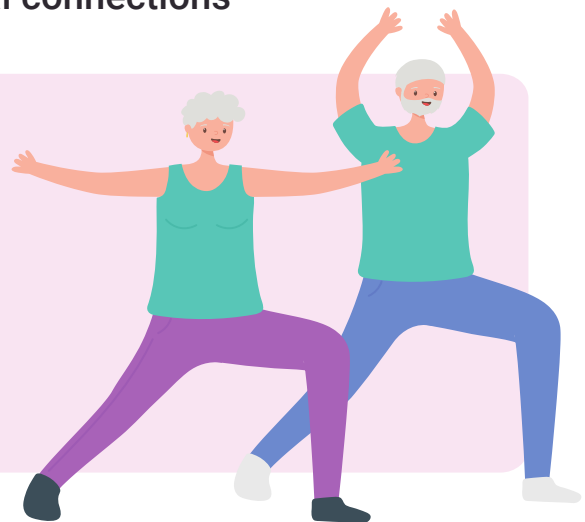
Make rewarding social connections



For more information
or to register, contact:

Ericka Blanchard, LSW at
ericka@nsapartners.org
or at 218-353-1464

To join the program, you will need to complete a physical abilities questionnaire and sign a waiver.



North Shore Area Partners programs are funded in part by MN DHS Live Well at Home grants. However, individual contributions are critical to our work. Learn more about how you can support us by visiting www.nsapartners.org/donate.