

Tai Ji Quan: Moving For Better Balance[®] Classes

Sign Up Now!

Benefits Include:

- Improving
 - Muscle Strength
 - Balance
 - Flexibility
 - Mobility
- Reducing risk of falls



Join us to improve your balance through participating in an evidence-based, adapted Tai Ji Quan program



FIRST CLASS July 11th 10am

DATE/TIME Classes are twice a week for twelve weeks
Tuesday and Thursday 10am-11am

LOCATION Ely Recreational Center
1034 Main Street

ATTIRE Wear comfortable exercise clothing

COST Donations Appreciated

INSTRUCTORS Candy Schindele & Chris Fredricksen

CALL / EMAIL 218-365-8019
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