

TAI JI QUAN: MOVEMENT FOR BETTER BALANCE



Tai Ji Quan Movement for Better Balance is a community-based fall prevention program. The classes are taught twice a week in groups where participants learn eight modified Yang-style Tai Chi forms over a 6-month time frame.

Participants in this program report:

- Improved balance and strength
- improved flexibility and mobility
- Reduced risk of falls by 55% in older adults



July 9, 2024 - January 7, 2025

Tuesdays and Thursdays

Time: 9:00 a.m. to 10:00 a.m.

South County Senior Activity Center
27 Stepneys Lane Edgewater, MD 21037

No special equipment is needed. Participants are asked to wear comfortable athletic shoes and light, breathable exercise clothing.

Register online at: <https://www.aacounty.org/aging-and-disabilities/services/living-well-series>, by email to Jennifer Jackson at agjack88@aacounty.org or by phone at (410) 222-4335.

Anyone needing accommodations should submit a request at least seven (7) days in advance of the event to Jennifer Jackson at agjack88@aacounty.org or by calling (410) 222-4383. TTY users, call via Maryland 7-1-1.

All materials are available in alternate formats upon request.