

MOVING FOR BETTER BALANCE



Helping you feel **STRONG, STEADY, & SAFE!**

FREE for Members

\$30 for Community Participants & Nationwide Members

Registration required

**Tuesdays and Thursdays
1:00–2:00 PM**

FALL September 2–November 20

WINTER January 6–March 26

SPRING April 14–July 2

 **West Washington Branch
1111 W. Washington St., West Bend**

You don't have to accept impaired balance and limited mobility because of your age or a chronic health condition. You can build strength, improve your balance, and gain confidence in your mobility through Moving for Better Balance.

This **12-week**, evidence-based program uses the principles and movements of Tai Chi to help older adults improve strength, balance, flexibility and overall mobility. The program also results in better mental health, reduced stress, and improved memory and cognition.

Balance assessments will be conducted the week before the session starts.

For more information or to register for this program please contact:

Kayla Heimerman, Wellness Director
262-247-1024 | kheimerman@kmymca.org

