

# MOVING FOR BETTER BALANCE



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

**FREE for Members**

**\$30 for Community Participants & Nationwide Members**

*Registration required*

**Mondays and Wednesdays  
1:00–2:00 PM**

October 13 – December 31, 2025



**Feith Family Branch**  
465 Northwoods Rd., Port Washington

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 October 3 and 10.

For more information or to register for this program please stop by the Welcome Desk!

