



MOVING FOR BETTER BALANCE

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

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.

FREE for Members

\$30 for Community Participants & Nationwide Members

Tuesdays and Thursdays

1:00–2:00 PM

January 12–April 10, 2026

Balance assessments are highly encouraged:

- **Tuesday, January 6, 2026, from 1–4pm**
- **Thursday, January 8, 2026, from 1–4pm**

Registration required

For more information or to register contact:
Kayla Heimerman, Wellness Director
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