



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

Mondays and Wednesdays

1:00-2:00 PM

April 26, 2026 - July 29, 2026 (two-week break July 6-19)

Balance assessments are highly encouraged:

- April 20, 2026, from 1-4pm
- April 22, 2026, from 1-4pm

Registration required

**For more information or to register contact:
Kim Jans, Director of Healthy Living
262-235-9632 | kjans@kmymca.org**



**Feith Family Ozaukee YMCA
465 Northwoods Rd.
Port Washington**

