



Tai Ji Quan: Moving for Better Balance

67% Fall Reduction for adults with Parkinson's and 57% Fall Reduction for adults at risk of falls

Join us for a **FREE** adapted Tai Ji Quan Program in-person or Zoom! Tai Ji Quan: Moving for Better Balance improves muscle strength, balance, flexibility, and mobility as well as reducing risk of falls among older adults.

This nationally recognized evidence-based fall prevention program for older adults and their caregivers is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility. Best results are achieved by completing the program's 48 unique sessions.

Tai Ji Quan: Moving for Better Balance - Level 1

Mondays and Wednesdays - 9 to 10 am, starting October 21, ZOOM

To register, call Gena Watkins at 702.616.4901

Tuesdays and Thursdays - 3 to 4 pm, (No Class 10/22), in-person

Wellness Center West Flamingo Campus - 9880 W. Flamingo Rd, Suite 220, Las Vegas, NV 89147

To register, call Jemaima Tagayuna at 702.620.4800

Tai Ji Quan: Moving for Better Balance - Level 2

Mondays and Wednesdays - 12 to 1 pm, starting October 16, ZOOM and in-person

WomensCare/Outreach Center Green Valley 2651 Paseo Verde Parkway, Henderson, NV 89074

To register, call Gena Watkins at 702.616.4901

Mondays and Wednesdays - 11am to Noon, starting October 16, in-person only

WomensCare/Outreach Center Green Valley 2651 Paseo Verde Parkway, Henderson, NV 89074

To register, call Gena Watkins at 702.616.4901

For more information email Gwen Jenkins, Authorized TJQMBB trainer, at gwengj.taichi@icloud.com