



Health Care District
OF PALM BEACH COUNTY



Free Classes in Tai Ji Quan: Moving for Better Balance®

Did you know that falls are the #1 cause of traumatic injury in Palm Beach County?

Did you know that falls can often be prevented?

Tai Ji Quan has proven to be a powerful tool in maintaining stability and enhancing overall well-being.

West Boynton Park & Recreation Center

Inside the Recreation Center

Monday - Friday 09:30am - 10:30am

6000 Northtree Blvd, Lake Worth, FL 33463



HCDPBC.org



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SCAN FOR MORE INFORMATION