

Classes Starting
**September
18th**



Health Care District
PALM BEACH COUNTY



Free Classes in Tai Chi

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

WEEKDAYS 8:30am to 9:30am South County Civic Center
16700 Jog Rd. Delray Beach, FL 33446
Outdoors beneath the pavilion



HCDPBC.org

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SCAN HERE FOR MORE INFORMATION

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