



Health Care District  
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.**

**Monday- Thursday, 9:30am - 10:30am**  
**West Boynton Park and Recreation Center**  
6000 Northtree Blvd, Lake Worth, FL 33463  
Please contact (561)804-5700 if you have any questions



SCAN HERE FOR MORE INFORMATION

**HCDPBC.org**

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