**Tai Chi: Moving for Better Balance**

For seniors age 55 and up

**Parking on street and small lot**

**Limited handicap accessibility**

|  |  |
| --- | --- |
| couple walking.JPG | ***FREE*** *12 week class meeting*  *Tuesdays and Thursdays starting:*  Tuesday, April 2, 2013  10:00 a.m. – 11:00 a.m.  Portland State Office Building  800 NE Oregon St., Wellness Center  Portland, OR 97232 |

**BENEFITS:**

* Improved balance, flexibility, muscle strength and mobility
* Reduced risk of falling
* Low impact exercise that can be done from a seated position
* Good body alignment
* and More

|  |  |
| --- | --- |
| ***couple sitting.JPG*** |  |
| **Contact Information:** | |
| John Doe  John.doe@gmail.com  Phone: (503) 555-1212 | |