

FREE CLASSES
Call 235-2006
to register NOW.

Monday & Thursday noon
12:05-12:35 pm
Vista Villa Retirement Facility

TAI CHI
moving for
better balance

Effective in improving balance
and reducing the risk of falls

IT'S EASY, SAFE AND HEALTHY!

All ages and abilities welcome

Slow, gentle movements

Balance improvement

Fall Prevention

Stress Relieving

Health Enhancing

Tai Chi Moving For Better Balance
or Tai Chi Easy can be performed
sitting or standing.

TO REGISTER NOW
Call Charlotta Young
308-235-2006