

Tai Chi - Moving for Better Balance



Worried about falling?
Want to improve your balance to help
reduce your risk of falls?

Then sign up today for our new class
Tai Chi - Moving for Better Balance.

This is a FREE exercise class that will
meet twice a week for twelve weeks. It
has been proven to help improve balance
skills and can help you.



For more
Information Please Call:
410-620-3101



Tai Chi - Moving for Better Balance is made possible through a partnership with the Cecil County Health Department, Cecil County Senior Services and Community Transit and a Fall Prevention Minigrant, Maryland Department of Health & Mental Hygiene.