



Stay active and independent by improving your strength, increasing your balance and preventing falls! Join us for ***Tai Ji Quan: Moving for Better Balance***, an evidence-based program recommended by the Centers for Disease Control. All abilities are welcome.

- When** Wednesdays 2:15 pm - 3:15 pm
 Fridays 12 pm - 1 pm
 October 2 - December 18, 2019
- Where** Loudoun County Area Agency on Aging
 742 Miller Drive SE, Leesburg, VA 20175
- Cost** \$120 for 12 weeks/24 Sessions
 (\$5 per class; full fee due at registration)
- Registration** Phone: 703-771-5407
 Email: aaasupport@loudoun.gov
 RecTrac: #122663-01

MOVING FOR BETTER BALANCE



If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.