Learn to prevent falls by strengthening your mind and body!

## Free Virtual Tai Chi for Fall Prevention & Arthritis

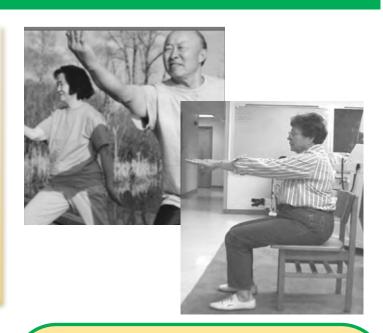
**Tuesdays & Thursdays** 

January 12 - March 23, 2021

10:30 - 11:30 am

via Zoom

Participants will need wi-fi and access to a computer, laptop, or tablet with camera.



If you would like to improve your relaxation and balance, this workshop is for you!

Movements are performed at a higher stance to make it easier for participants, even those with arthritis.

They can also be performed as a seated exercise.

## In twice-weekly sessions you will learn:

- Warm-up and cool-down exercises
- One or two Tai Chi movements per session, slowly leading to completing at least the six core basic movements
- Breathing techniques
- Tai Chi principles to improve balance of the body and mind

For more information or to register, call (209) 468-1422 or email <a href="mailto:cmatty-cervantes@sjgov.org">cmatty-cervantes@sjgov.org</a>.









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