



Health Care District
PALM BEACH COUNTY



Free Classes in Tai Ji Quan: Moving for Better Balance®

Did you know that falls are the #1 cause of traumatic injury in Palm Beach County?

Did you know that falls can often be prevented?

Tai chi has proven to be a powerful tool in maintaining stability and enhancing overall well-being.

WEEKDAYS, 8:30am – 9:30am

TUESDAYS & THURSDAYS, 10:00am – 11:00am

**South County Civic Center, 16700 Jog Rd. Delray Beach, FL 33446
Outdoors beneath the pavilion**



SCAN HERE FOR MORE INFORMATION

HCDPBC.org

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