

Tai Ji Quan

MOVING FOR BETTER BALANCE

One in four people age 65 or older has a fall each year. You don't have to be one of them.

This program helps older adults improve their balance and reduce the likelihood of falling.

Participants learn balance skills, good body alignment, and coordinated Tai Ji movements.

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders.

Tai Ji Quan: Moving for Better Balance®

Monday, Wednesday, and Thursday

July 12th thru September 2nd | 9:30am - 10:30am

Cloquet Public Library | 1320 14th Street, Cloquet, MN

to register call 218-878-2126



Essentia Health

JUNIPER®
Your Health. Your Community.

Must meet program eligibility requirements.

Fond du Lac Human Services Division | Community Health Services Department