



Tai Chi: Moving for Better Balance

Free **BEGINNING** Classes Sponsored By the



Tuesdays

5:00– 6:00 pm

February 19- May 7, 2019

Prairie Township Library, Holmesville, OH

Please call the Health District at 330-674-5035 to register

Studies show that practicing Tai Chi may improve balance, increase strength, functional mobility, flexibility and reduce fall rates.

Instructor: Beth Crone

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