



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU FEEL STRONG STEADY & SAFE



## Moving For Better Balance

### Reducing Risk of Falls

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility—this is not true. You can build strength, improve balance, and gain confidence in your mobility through **Moving For Better Balance**. This is a 12-week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements based on Tai Chi.

Moving For Better Balance includes two class sessions and two-plus hours of at-home practice per week. The program takes place in a safe and supportive group setting.

**A Y membership is not required.**

#### TO LEARN MORE ABOUT THE PROGRAM :

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[YMCA] and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") are committed to supporting healthy lifestyles through the Moving For Better Balance program but do not guarantee any specific outcomes for program participants.