



# MOVING FOR BETTER BALANCE

## Reduce Your Risk of a Fall

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Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility - this is not true. *Moving for Better Balance* is a 12-week evidence-based falls prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities.

*Moving For Better Balance* includes two instructor-led class sessions that take place in a safe and supportive group setting, and two-plus hours of at-home practice per week.

### \* Now Enrolling for Session #1: March 27 - June 14

- **Days/Times:** Tuesdays and Thursday from 9 - 10am
- **Location:** Downtown YMCA - 161 W. Wisconsin Ave., Suite 4000
- **Fees:** Y Member - \$65/Community Participant - \$80



To learn more about *Moving for Better Balance*, please contact Carley Hoelzel at 414-274-0865 or [choelzel@ymcamke.org](mailto:choelzel@ymcamke.org).