

JOIN TAI CHI FOR ARTHRITIS AND FALL PREVENTION



**DO YOU WANT TO IMPROVE BALANCE
AND REDUCE YOUR RISK OF FALLING?
TRY TAI CHI!**

Tai Chi for Arthritis and Fall Prevention has been shown to improve balance and mobility, and reduce the risk of falls. People of all ability levels are welcome. This class can be conducted from a seated or standing position.

Center for Senior Wellbeing
399 Heald Ln, Fallbrook CA 92028
Every Monday (12:30 pm - 1:30pm) and Friday (1:30pm - 2:30pm)
Starting May 11th, 2026 (Program runs for 12 weeks)
No class: 5/25, 6/19, 7/3, 7/6 & 7/10

Questions? Please call (858) 495-5500 or e-mail
HealthierLiving.HHSA@sdcounty.ca.gov

