



Class Schedule

Jackson Township
Community Room
10613 Mahoning Ave
North Jackson, OH
44451

Mondays and
Wednesdays
Beginning
Monday, June 5,
to Wednesday,
November 29, 2023

5:30 PM to 6:30 PM

*Call 330-270-2855,
extension 117 for
more information or
to register for this
FREE workshop!*



Have fun and improve your balance with Tai Ji Quan!

Tai Ji Quan: Moving for Better Balance® is an evidence-based falls prevention program adapted from Tai Ji Quan. The class will help to:

- Improve muscle strength, balance, flexibility, and mobility
- Reduce risk of falls

No prior experience necessary, and the class is ideal for older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait, or walking difficulties.



**MAHONING COUNTY
PUBLIC HEALTH**
PREVENT · PROMOTE · PROTECT

50 Westchester Drive | Youngstown, Ohio 44515 | Phone: 330-270-2855 | www.mahoninghealth.org