

LEARN TAI CHI FROM HOME!

JOIN A VIRTUAL CLASS USING ZOOM TO
LEARN AND PRACTICE TAI CHI!



Falls Prevention Week
September 21-25, 2020

**Learn Tai Chi – Improve Your Balance – Reduce Your
Risk of Falling**

8 WEEK CLASS BEGINS MONDAY, SEPT 21ST!
MONDAY AND WEDNESDAY EACH WEEK

TWO CLASS TIMES AVAILABLE:
9:30-10:30 a.m. or 11:00 a.m.-12:00 p.m.

Registration is required and class size is limited.
Please contact Anna at 850-830-8137 or adyess@wfahec.org to register
and for more information.

Classes are open to all levels of experience
and seniors (ages 60+)! You will need a computer with a webcam or a
tablet to participate in virtual classes.

