

Vai Ji Onan: Moving For Beller Balance B Classes

Join us to improve your balance through participating in an evidence-based, adapted Tai Ji Quan program.

Tai ji quan improves muscle strength, balance, flexibility, and mobility. It also helps to reduce the risk of falls.

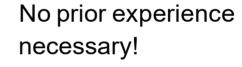
**Dates:** Oct. 21st- Dec. 18th Mondays & Wednesdays (No Class Nov. 11th & Nov. 27th)

Time: 2:00 PM - 3:00 PM
Where: Frankfort Township Event
Center 20701 S Landings Pointe,
Frankfort

Cost: Free!

We are a faith-based organization providing service to people in need and calling others of good will to do the same.





Wear comfortable, cotton exercise clothes and dress light!



To register, call Jan 815-933-7791 ext: 9910 or Amber 815-221-6013 ext: 6723 by 10/11/24 (Maximum of 15 participants)