



**catholic
charities**
Diocese of Joliet

Tai Ji Quan:

Moving For Better Balance® 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!



No prior experience necessary!

Wear comfortable, cotton exercise clothes and dress light!

Register Now

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

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

