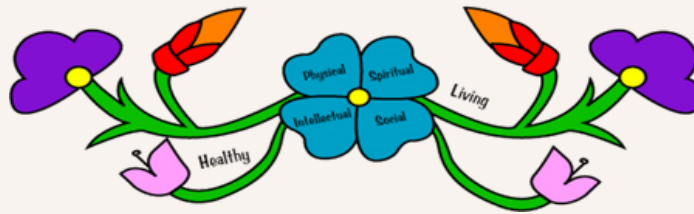


**UPDATED
FLYER!**



**UPDATED
FLYER!**

Are you an Elder in Lac du Flambeau wanting to improve your balance?



JOIN US!

Tai Ji Quan - Moving for Better Balance is a 24-week (classes 2x/week) with a pre- and post-balance test with PCHC Physical Therapy!

**Weekly
incentives for
classes!**

Informational Session
will be held
Tuesday, September 8th
at 5:00pm
in the Wellness Center
breakroom

Pre-tests include a
short series of
balance tests &
a Stay Independent
questionnaire

Program runs

Tuesday, October 27th
- Thursday, April 8th

Location

Elder Dining Room
Wellness Center
125 Old Abe Road, LDF

Class Time

Tuesdays & Thursdays
5:00pm-6:00pm

Open to Elders in Lac du Flambeau ages 55+

Questions? Contact Anna at the PCHC Injury Prevention Program in
Community Health | 715-588-3371 ext 1912 OR 715-904-0879 OR
asherwood@pchclinic.com