You're invited

TO TRY TAI CHI

tai ji quan

Moving for Better Balance®

Tai Chi (pronounced Tie-Chee) is a gentle form of physical activity ideal for seniors who have uncertain balance and a fear of falling.

If you're looking for a way to reduce stress, consider Tai Chi. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body.

Tai Chi may be done sitting down and adapted for those with special needs including people in wheelchairs.

Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for fall prevention, stress reduction and to help with a variety of other health conditions.

This is for those who have taken Part 1

In a nut shell

- Tai Chi can build strength
- Tai Chi promotes socialization
- Tai Chi is done at your own pace
- Tai Chi can be done sitting down
- Tai Chi promotes a healthy lifestyle

This class meets 2 times a week for 12 weeks! Must attend 18 out of 24 classes.

Tuesdays and Thursdays
April 14th—July 2nd, 2026
11:00AM—12:00PM

Villas of Delray
13773 Circular Dr.
A Building
Delray Beach, FL

To register call
321-399-1692

Department of ELDER AFFAIRS STATE OF FLORIDA

aaa Area Agency on Aging PALM BEACH/TREASURE COAST, INC.