

Tai Chi for Balance and Fall Prevention

This is FREE series for seniors who have concerns about falling. This low impact class promotes balance, flexibility, and range of motion. Tai Chi is specifically for people with Arthritis and movement is modified for all abilities.

Who: Seniors ages 60+

When: Tuesday from 10:30am to 11:30am

Where: CenterPoint Senior Center (located at the Senior Citizens Center and Park) 335 Polly Reed Rd CenterPoint, AL 35215

Certified Tai Chi Instructor: Cassandra Frieson

Please ask about our FREE nutrition lunch program!

For more information, please call 205-253-3183