



**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.



DATES: Mondays & Wednesdays
April 21st - June 11th
(No Class on April 30th and May 26th)

TIME: 2:00pm- 3:00pm

LOCATION: Frankfort Township
Event Center

20701 Landings Pointe
Frankfort, IL 60423

COST: FREE!

No prior experience necessary!

Wear comfortable, cotton exercise clothes and dress light!

**To register,
call Amber 815-221-6013 ext
6723**

Dates listed are subject to change due to scheduling conflicts or extreme weather. Participants will be notified prior to any changes. Participants are required to register for classes.

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

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



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