



**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:** Mondays and Wednesdays

March 2- May 6, 2026

(No Class 3.25, 4.29)

**Time:** 2:00 PM – 3:00 PM

**Where:** Frankfort Township Event Center  
20701 S Landings Pointe, Frankfort

**Cost:** Free for ages 60+

No prior experience necessary!

Wear comfortable, cotton exercise clothes and dress light!

*Register Now*

To register, call Amber  
815-221-6013

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

