



MOVING FOR BETTER BALANCE

Reduce Your Risk of a Fall

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility – this is not true. *Moving for Better Balance* is a 12-week evidence-based falls prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities.

Moving For Better Balance includes two instructor-led class sessions that take place in a safe and supportive group setting, and two-plus hours of at-home practice per week.

2018 Fall & Winter Sessions – Now Enrolling!

Session #1: September 10 - December 6, 2018
Days/Times: 3-4pm Mondays and Wednesdays
Location: Rite-Hite Family YMCA - 9250 N. Green Bay Rd., Brown Deer
Fees: Y Member - \$65/Community Participant - \$80

Session #2: January 8 - March 28, 2019
Days/Times: 8-9am Tuesdays and Thursdays
Location: Rite-Hite Family YMCA - 9250 N. Green Bay Rd., Brown Deer
Fees: Y Member - \$65/Community Participant - \$80



To learn more about *Moving for Better Balance*, please contact Carley Hoelzel at 414-274-0865 or mkehealthyliving@ymcamke.org.