

# **TAI JI QUAN: MOVING FOR BETTER BALANCE**

**Hosted at the Jamestown Senior Center (6 West St, Jamestown)**

Class begins January 22nd 2024 (class meets twice a week for 24 weeks)

Mondays from 3-4 PM and Wednesdays from 12-1 PM

**FREE PROGRAM**



## **What is TJQMBB?**

An Evidence-Based Falls Prevention Program that aims to improve balance, mobility, physical and mental well-being.

## **CLASS FORMAT**

One-hour, 2 times per week for 6 months.



## **BALANCE SCREENS**

15-minute screen for balance, strength, and mobility to indicate fall risk.

## **CONTACT US FOR MORE INFORMATION**

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