Stay active and independent by improving your strength, increasing your balance and preventing falls! Join us for *Tai Ji Quan: Moving for Better Balance*, an evidence-based program recommended by the Centers for Disease Control. All abilities are welcome.

**When**
- Wednesdays 2:15 pm - 3:15 pm
- Fridays 12 pm - 1 pm
- October 2 - December 18, 2019

**Where**
Loudoun County Area Agency on Aging
742 Miller Drive SE, Leesburg, VA 20175

**Cost**
$120 for 12 weeks/24 Sessions
($5 per class; full fee due at registration)

**Registration**
Phone: 703-771-5407
Email: aaasupport@loudoun.gov
RecTrac: #122663-01

*MOVING FOR BETTER BALANCE*

If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.