



Health Care District
OF PALM BEACH COUNTY

Free Classes in Tai Ji Quan: Moving for Better Balance®

Did you know that falls are the
#1 cause of traumatic injury in
Palm Beach County?

Did you know that falls can often
be prevented?

Tai Ji Quan has proven to be a
powerful tool in maintaining
stability and enhancing overall
well-being.

Dr. André Fladell Civic Center (formerly South County Civic Center)

16700 Jog Road | Delray Beach | FL 33446

WEEKDAYS 8:30am - 9:30am | TUESDAYS & THURSDAYS 10:00am-11:00am

Call: 561-804-5952



HCDPBC.org



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SCAN FOR MORE INFORMATION

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