



Improve strength, balance, mobility, and reduce risk of falling



**What participants say:**

“The exercises make me more mindful of my movements at home. They are also a tool for meditation and stress relief.”

“Excellent program. Everyone should participate. People should know how easy it is.”

“I highly recommend these classes.”

ບັບປຸງຄວາມເຂັ້ມແຂງ, ການຊົງໂຕ, ການເຄື່ອນໄຫວ, ແລະຫຼຸດຜ່ອນຄວາມສ່ຽງຂອງການລົ້ມລົງ. ສິ່ງທີ່ຜູ້ເຂົ້າຮ່ວມເວົ້າ: ການອອກກຳລັງກາຍແບບໄຕຣ໌ເຈັກ ເຮັດໃຫ້ເຂົາເຈົ້າມີສະຕິຫຼາຍກ່ຽວກັບການເຄື່ອນໄຫວຂອງເຂົາເຈົ້າຢູ່ເຮືອນ. ແລະຍັງເປັນເຄື່ອງມືສຳລັບການເຮັດສະມາທິ ແລະບັນເທົາຄວາມກົດດັນ. ໂຄງການນີ້ດີເລີດ. ທຸກຄົນຄວນມີສ່ວນຮ່ວມ. ພວກເຮົາຂໍແນະນຳຫ້ອງຮຽນເຫຼົ່ານີ້ດີສຸດໃຫ້ກັບທ່ານ.

ກະຮຸນາຕິດຕໍ່ໄດ້ທີ່: ອົງການລາວເພື່ອຄວາມກ້າວໜ້າໃນສະຫະຣັຖ  
 ເລກໂທ: 612-767-1684 ຫຼືໂທເລກຂ້າງລຸ່ມນີ້.

Attend the one-hour **Tai Ji Quan: Moving for Better Balance** class twice a week for 12 weeks. You'll: ເຂົ້າຮ່ວມ 1 ຊົ່ວໂມງຕໍ່ເທື່ອ 2 ເທື່ອຕໍ່ທົດ 12 ອາທິດຈົບ.

- Learn eight Tai Ji Quan forms plus variations for therapeutic value
- Build strength, postural control, and range of motion
- Increase awareness of body positioning
- Control center of gravity to prevent falls
- Maintain functional capabilities that will help you remain independent
- Make rewarding social connections



Juniper is a statewide network grounded in your local community to help you live well, get fit, and prevent falls.

[yourjuniper.org](http://yourjuniper.org) | Toll Free 1.855.215.2174