

Lifestyle & Learning

Skyline Hospital Community Education & Meeting Space

211 Skyline Drive
White Salmon, WA 98672

Cost \$150

12:30 - 1:30 p.m.
Tuesdays & Thursdays
November - May

No Class Nov. 22, Dec. 25, and Jan. 1

What You Will Enjoy

- Two, 1-hour class sessions per week
- A qualified instructor to teach you therapeutic movements
- A small group to help support you
- A safe and comfortable environment to learn and practice
- A convenient location in your community

What You Will Gain

- A positive social experience
- Improved balance and stability
- Improved memory and cognition
- Improved muscle strength
- Improved self-confidence
- Reduced stress
- Improved flexibility
- Improved mental and emotional well-being

TAI CHI: MOVING FOR BETTER BALANCE

Presented by: Ericka Sullivan, PTA

Program Overview

Moving for Better Balance is a research-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

Evidence shows that Tai Chi can help seniors reduce the risk of falling, increase balance, and increase flexibility. This class teaches participants ways to improve their overall mind, body and spirit through a series of slow continuous movements. It does not matter how strong, flexible, or active you are as Tai Chi is designed for people of all levels of health.



Do You Qualify?

To ensure safety, participants should not require more assistance than occasional use of a cane.

For questions or to sign up,
call Ericka Sullivan at 509-493-5119.