

Prevention is Key Tai Chi for Balance



Valley VNA
Senior Care

**January 14 - May 1, 2019
Mondays & Wednesdays
11:15am - Noon
Call 729.3372 for more information
Pre Registration Required**

Free classes led by ThedaCare Orthopedic Care held at Valley VNA

- Cane/Walker and seat modifications available
- Maximum class size is 18

Falls are not a natural part of aging.

Falls are the top reason for emergency department visits.

Falls are the 2nd leading cause of death in Wisconsin.

Prevention is key and Tai Chi is proven to improve strength and balance.