



Ventura County Area Agency on Aging's Tai Chi: Moving for Better Balance

Tai Chi: Moving for Better Balance is an exercise program developed especially for older adults using modified practices designed to improve and strengthen balance and mobility. Classes are intended for beginners. Canes and walkers are welcome. This class is proven to reduce falls by 55 percent and is developed with YOU in mind.

Bathrooms may not be available at some locations.

ALL CLASSES ARE FREE

Poinsettia Gardens
11370 Darling Road in Ventura
Tuesdays and Thursdays
August 16th – November 3rd
12 p.m. – 1:30 p.m.
To register please call 805-477-7300 option 6.

HELP of Ojai
108 S. Montgomery Street in Ojai
Tuesdays and Thursdays
August 16th – November 3rd
9:30 a.m.- 11 a.m.
To register please call 805-646-5122

Clearwater at Riverpark
750 Clyde River Place in Oxnard
Tuesdays and Thursdays
August 16th – November 3rd
10 a.m. – 11:30 a.m.
To register please call 805-366-3541

Oxnard Performing Arts Center
800 Hobson Way in Oxnard
Tuesdays and Thursdays
August 16th – November 3rd
9 a.m. – 10:30 a.m.
To register please call 805-477-7300 option 6.

Community Presbyterian Church
1555 Poli Street in Ventura
Wednesdays and Fridays
August 17th – November 4th
10 a.m. – 11:30 a.m.
To register please call 805-477-7300 option 6.

Ventura Church of Christ
5401 N. Bryn Mawr Street in Ventura
Wednesdays and Fridays
August 17th – November 4th
10:45 a.m. – 12:15 p.m.
To register please call 805-477-7300 option 6.

County of Ventura California Room
669 County Square Drive in Ventura
Wednesdays and Fridays
August 17th – November 4th
10:45 a.m. – 12:15 p.m.
To register please call 805-477-7300 option 6.

County of Ventura California Room
669 County Square Drive in Ventura
Wednesdays and Fridays
August 17th – November 4th
9 a.m. – 10:30 a.m.
To register please call 805-477-7300 option 6.