

# TAI CHI: 8 STEPS FOR BETTER BALANCE

Wednesdays & Fridays • 10:00 am & 11:15 am (New Class)



In our **8 Steps for Better Balance** intro class, we explore Tai Chi's foundational benefits to mind and body. This is a tai chi program developed after years of scientific research and community evaluations. The eight individual forms in the program are all derived from the well-known Yang style tai chi.

### All 8 forms adhere to the fundamental principles of tai chi:

- Weight-bearing and non-weight-bearing stances
- Posturally correct body alignment
- Coordinated movements performed in a slow, continuous, circular and flowing manner



When practiced regularly, these skills will improve one's balance and reduce the likelihood of falling. Together at Connect and Beyond, we're ready to help learn these foundational skills and make improvements to your life.

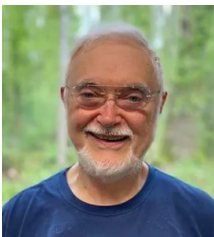
### Benefits include:

- Improved mental well-being
- Improved balance and daily physical functioning
- Improved self-confidence in performing daily activities
- Enhanced life independence, and overall health



Come drop in and experience the harmony of **moving together** — it's real!

**Sign up at class sign up at [www.connectoregon.com](http://www.connectoregon.com).**



Featuring Tai Chi  
Instructor,  
Jim Dalton

**Connect & Beyond**  
Physical Therapy

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