



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU FEEL STRONG STEADY & SAFE



Better Balance

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility—this is not true. You can build strength, improve balance and gain confidence in your mobility through **Better Balance**. This evidence-based, instructor-led group program is designed to help you improve your strength, balance, flexibility and mobility through slow, therapeutic movements based on Tai Chi.

Thursdays at 1:30 pm

Fee

- **YMCA Members: FREE**
- **Community Participants: \$4.00 per class**
- **Call the YMCA Member Center at least 2 hours before class to reserve your space**

TO LEARN MORE ABOUT THE PROGRAM, call the YMCA Member Center at 816-671-9622.

YMCA of St. Joseph
3601 N. Village Drive
St. Joseph, MO 64506

