



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.

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

**Thursdays at 8:00 am**

### FEE

- **YMCA Members: FREE**
- **Community Participants: \$4 per class**
- **Call the YMCA Member Center at least 2 hours before class to reserve your space**

