



Movement

IS HEALTH

TAI JI QUAN®

Moving for Better Balance

Stay active and independent by improving your strength, increasing your balance and preventing falls!

Join the Loudoun County Area Agency on Aging for the evidence-based program:

Tai Ji Quan: Moving for Better Balance®

All abilities are welcome.

\$48

12 WEEKS
24 SESSIONS

when?

MONDAYS & WEDNESDAYS

2 PM - 3 PM

STARTING SEPTEMBER 19

where?

LOUDOUN COUNTY AREA AGENCY ON AGING - PRCS

742 MILLER DRIVE SE, LEESBURG, VA

REGISTRATION #: 147601-01

571-258-3490

AAASUPPORT@LOUDOUN.GOV



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711