



**NorthBay Trauma and Fall Prevention Partnership
Presents:**

Tai Chi: Moving For Better Balance Training



Join Us 3/28/16 and 3/29/16, 9:00am-5:00pm



Tai Ji Quan (Tai Chi): Moving for Better Balance[®] (TJQMBB) is a research and evidence based program developed for older adults that incorporates coordinated movements designed to reduce falls, enhance physical and psychological healing, reduce blood pressure, to improve sleep and to improve cardiovascular and respiratory function.

This two day training is intended for current or retired health professionals, aging experts/professionals and fitness experts.

NorthBay Green Valley Administrative Center

4500 Business Center Dr., Fairfield, CA 94534

For more information or to register

Call Ashley Batista, Injury Prevention Coordinator at (707) 646-4006

or Email her at Abatista@NorthBay.org

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