

# JOIN TAI CHI FOR ARTHRITIS AND FALL PREVENTION



**DO YOU WANT TO IMPROVE BALANCE  
AND REDUCE YOUR RISK OF FALLING?  
TRY TAI CHI!**

Tai Chi for Arthritis and Fall Prevention has been shown to improve balance and mobility, and reduce the risk of falls. People of all ability levels are welcome. This class can be conducted from a seated or standing position.

**South Clairemont Recreation Center**  
3605 Clairemont Dr, San Diego 92117  
Every Tuesday and Thursday | 9:30 am - 10:30 am  
Starting July 28, 2026 (Program runs for 12 weeks)

Please visit [SDRecConnect.com](https://SDRecConnect.com) and enter activity code #133202 to register.

Questions? Please call (858) 495-5500 or e-mail [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov)

