

Looking to improve your balance? Do you enjoy group exercise?

Join us for a FREE balance program



Tai Ji Quan: Moving for Better Balance

This Evidence Based Program created by Dr. Fuzhong Li Ph.D. in 2016 was designed to improve balance and mobility, strengthen the lower body, and reduce fall risk!

This instructor led program is 24 weeks long (48 classes).

Start Date: Monday, September 13th

Classes are Mondays & Thursdays 12pm - 1pm

Location: University of Rhode Island Physical Therapy Clinic
25 W Independence Way, Kingston, RI 02881

**For further information or to join us,
please email tjqmbb@uri.edu or call 401-932-9457**