

Department of Physical Therapy

**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 12th**

**Classes are Mondays & Thursdays  
12pm - 1pm**

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

**For more information or to register please contact:  
email [tjqmbb@uri.edu](mailto:tjqmbb@uri.edu) or call 401-932-9457**