

# SMALL GROUP TAI CHI FOR BETTER BALANCE

IN PERSON WITH DEBBIE AU, RN

**Practice Movements to Support  
Better Balance, Stability, Coordination, and Agility**



**TO REGISTER:** Scan the QR code or visit our website at [sanmateoadulted.org](https://sanmateoadulted.org). Under PROGRAMS select PROGRAMS FOR ACTIVE ADULTS to find the class and register.

Questions? Email: [jmcgovern@smuhdsd.org](mailto:jmcgovern@smuhdsd.org)

**MAY 8 - JUN. 5**

**Where:**

*Foster City  
Community Center*

**Time:**

*Thursdays,  
10:15 - 11:15 AM*

ENROLL NOW

