

# EXPERIENCE TAI CHI FOR BETTER BALANCE

FOSTER CITY COMMUNITY CENTER

INSTRUCTOR: DEBBIE AU, RN

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

ENROLL NOW



**FEB. 19 - MAR. 19**

Thursdays, 10:15 - 11:15AM

**JOIN US!**

*Registration for  
January classes  
is now open*

**REGISTER  
TODAY!**

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

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

