

PROUDLY PRESENTS



FREE TAI CHI FOR FALL PREVENTION

Monday and Friday
12:00 pm – 1 pm
Starting July 17th @

DANVILLE HEALTH CENTER

Address: 26 Cedar Ln, Danville, VT 05828
Phone: (802) 684-2275

Presented in Partnership With



**Improve
Flexibility**

**Improve Joint
Health**

**Improve Your
Breathing**

**Decrease Fall
Risk**

**Find Mental
Focus**

**Call The Council
on Aging Today to
Reserve Your
Spot!
(802) 751-0431**