

Want to improve your balance?

Let us help you stay on your feet with FREE chair-assisted balance classes!

Join our Tai Ji Quan: Moving for Better Balance® classes

Weekdays 8:30AM-9:30AM

Outdoors beneath the pavilion **SOUTH COUNTY CIVIC CENTER** 16700 Jog Rd. Delray Beach, FL 33446

FREE keychain flashlights while supplies last!