

## AGING & INDEPENDENCE SERVICES

### TAI CHI SCHEDULE OF CLASSES

Tai Chi is an evidence-based fall prevention program that has been shown to improve balance and mobility and reduce the risk of falls. Aging & Independence Services offers two types of tai chi: Tai Chi Moving for Better Balance (TCMBB) and Tai Chi for Arthritis and Fall Prevention (TCAFP). **People of all ability levels are welcome.** This class can be conducted from a standing or seated position.

**Registration is not required unless noted.**

NORTH COASTAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Stagecoach Park (Grass Lawn)* 3420 Camino de Los Coches <b>Carlsbad, CA 92009</b> Instructor: Linda Scott Program: TCAFP Register: <a href="http://carlsbadconnect.org">carlsbadconnect.org</a> Activity Code 15289 <i>*Starting August 2<sup>nd</sup></i>		9:00am – 10:00am		9:00am – 10:00am	

NORTH CENTRAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Allied Gardens Recreation Center 5155 Greenbrier Avenue <b>San Diego, CA 92120</b> Instructor: Esther Banks Program: TCMBB		3:00pm – 4:00pm			3:00pm – 4:00pm
Linda Vista Library 2160 Ulric Street <b>San Diego, CA 92111</b> Instructor: Cassandra Wang Program: TCMBB	10:30am – 11:30am			10:30am – 11:30am	

Classes are sponsored by the County of San Diego Health and Human Services Agency, Aging & Independence Services. **Last updated: 7/11/22**  
 For more information, please call (858) 495-5500 or email [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov).

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CENTRAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Park De La Cruz Gymnasium* 3901 Landis Street <b>San Diego, CA 92105</b> Instructor: Cassandra Wang Program: TCMBB Register: <a href="http://sdreconnect.org">sdreconnect.org</a> Activity Code 10224 <i>*Starting August 1<sup>st</sup></i>	12:45pm – 1:45pm			12:45pm – 1:45pm	

  

SOUTH					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Imperial Beach Library 1075 8th Street <b>Imperial Beach, CA 91932</b> Instructor: Ruth Cole Program: TCMBB		12:00pm – 1:00pm		12:00pm – 1:00pm	

  

VIRTUAL					
Host Site	Monday	Tuesday	Wednesday	Thursday	Friday
Aging & Independence Services* ZOOM Instructor: Jasz Cabrera Program: TCMBB Register: <a href="https://surveymonkey.com/r/AISTCMBB">surveymonkey.com/r/AISTCMBB</a> <i>*Starting August 1<sup>st</sup></i>	10:00am – 11:00am		10:00am – 11:00am		10:00am – 11:00am

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