

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 Carlsbad, CA 92009 Instructor: Linda Scott Program: TCAFP Register: carlsbadconnect.org Activity Code 15289		8:00 am – 9:00 am 9:00am – 10:00am		8:00 am – 9:00 am 9:00am – 10:00am	

NORTH CENTRAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
San Carlos Recreation Center 6445 Lake Badin Avenue San Diego, CA 92119 Instructor: Esther Banks Program: TCMBB <i>New – Starting 9/13</i>		3:00pm – 4:00pm			3:00pm – 4:00pm
Linda Vista Library 2160 Ulric Street San Diego, CA 92111 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: 8/31/22**
 For more information, please call (858) 495-5500 or email 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 San Diego, CA 92105 Instructor: Cassandra Wang Program: TCMBB Register: sdreconnect.org Activity Code 10224	12:45pm – 1:45pm			12:45pm – 1:45pm	

SOUTH					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Imperial Beach Library 1075 8th Street Imperial Beach, CA 91932 Instructor: Ruth Cole Program: TCMBB		12:00pm – 1:00pm		12:00pm – 1:00pm	
St. John's Episcopal Church 760 1st Avenue Chula Vista, CA 91910 Instructor: Ruth Cole Program: TCMBB <i>New – Starting 9/20</i>		2:00pm – 3:00pm		2:00pm – 3:00pm	

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