



Interested in becoming a *tai chi* instructor?



The Health Care District of Palm Beach County is offering training **FREE** of charge to become a certified instructor.

This course, Tai Ji Quan: Moving for Better Balance[®], is designed for older adults who are at risk of falling.



Scan to sign up

Details:

- Instructors will be required to have availability for a minimum of two days a week for one to two hour sessions at various locations across Palm Beach County.
- Instructors will be paid at a flat rate of \$65/per class and contracted for six months with potential to renew.

Did you know that falls are the **#1** cause of traumatic injury in Palm Beach County?

Did you know that falls can often be prevented?

Tai chi has proven to be a powerful tool in maintaining stability and enhancing overall well-being.

We are dedicated to raising awareness about the ways we can all help prevent falls.

Join our mission to “take a stand” against falls and promote better balance in our community.

If you're interested, email the Health Care District at traumaagency@hcdpbc.org for more information.



This Falls Prevention Program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,000,000.00 with 100 percentage funded by ACL/HHS and \$0 and 0 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.