



**Tai Ji Quan is an evidence based program proven to:**

- ⇒ Improve balance and
- ⇒ Reduce likelihood of falling
- ⇒ Provide better body alignment
- ⇒ Increase muscle strength, flexibility and mobility
- ⇒ Enhance the body/mind/spirit connection
- ⇒ Provide holistic well-being & healing
- ⇒ Offer Social connections

**Did You Know?**

1 in 3 adults over 65 fall each year?  
&  
20-30% of falls result in moderate to severe injuries



**Days:** Mondays & Wednesdays  
**Time:** 11 am – 12 pm  
**Dates:** Jan 14 – June 24 (24 wks/2x/ wk)  
**Cost:** \$10 Seymour Senior Members  
(annual membership is \$5 res/\$7 non)  
**Location:** Seymour Community Center

## Seymour Community Services

Our mission is to provide recreational, educational, and social programs and services for all Seymour Residents

## Seymour Recreation

## Seymour Seniors

20 Pine Street  
Seymour, CT 06483  
Phone: 203-888-0406  
communitycenter@seymourct.org

**Office Hours:**  
Mon – Thurs 8 am - 4:30 pm  
Friday 8 am - 12:00pm

seymourcommunityservices.com  
facebook.com/seymour.ct  
twitter @SeymourRec  
Instagram @SeymourRecCT

To register visit: [seymourcommunityservices.com](http://seymourcommunityservices.com) or call 203-888-0406