



photo-Courtesy of National Council on Aging

Living Well, Aging Well and Staying Strong

Friday, July 13th, 2018

12:45pm – 2:05 pm

**Aegis Gardens
13056 SE 76th Newcastle, WA 98056**

Learn how to stay strong through involvement in health promotion/fall prevention programs in the community.

Experience Tai Chi Juan: Moving for Better Balance Program Movements



Michael Woo, MSW,
PhD, Sociology
Kin On Community
Care Network, Director



Jan Voit, Physical Therapist
Tai Chi Juan: Moving for
Better Balance, Trainer
PT Clinical Specialist,
Harborview Falls Clinic



**樂紋之家
Aegis Gardens**