

Red Duke  
Trauma Institute

MEMORIAL  
HERMANN

HARRIS  
HEALTH  
SYSTEM

*Virtual  
Sessions*



# TAI CHI FOR FALL PREVENTION: NEW YEAR, NO FALLS

**A PROGRAM WITH AN EMPHASIS ON  
MINDFULNESS, BALANCE, AND WEIGHT  
TRANSFERENCE.**



SCAN ME

Register in advance for these classes:

[https://memorialhermann.zoom.us/join/register/tj0pduqhbj8pGdx\\_aDQf55USqEpOpwFF\\_hDVK](https://memorialhermann.zoom.us/join/register/tj0pduqhbj8pGdx_aDQf55USqEpOpwFF_hDVK)