

## Suggested Content for the Glades Community Updates

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Wed 8/30/2023 3:47 PM

To:Updates <updates@gladesinitiative.org>

📎 1 attachments (3 MB)

CSR\_224\_TaiChiFlyerTrainers\_Sept\_SD.jpg;

### Heading:

Health Care District of Palm Beach County Free Tai Chi "Train the Trainer" Course

### Brief Summary of Event/Announcement:(Who/What/Why):

#### Volunteer Tai Chi Instructors Wanted!

The Health Care District of Palm Beach County is offering our next "train the trainer" community certification course Saturday, September 9 and Sunday, September 10 in West Palm Beach. Falls are the #1 cause of traumatic injury in Palm Beach County and tai chi has proven to be a powerful tool in maintaining stability. This course will equip you with the fundamentals to lead volunteer tai chi classes in the community to help improve balance and prevent falls.



### WHEN:

Saturday, September 9 and Sunday, September 10

Volunteers must sign up to attend!

**WHERE:**

Health Care District of Palm Beach County Home Office  
1515 N. Flagler Dr. Suite 101, West Palm Beach, FL 33401

**Contact for more information:**

Click here to sign up: <https://lnkd.in/ekTmJXge> or email [traumaagency@hcdpbc.org](mailto:traumaagency@hcdpbc.org).

Thank you!

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