



Cortland Community Center

W 5th St, Cortland, NE

Mondays & Wednesdays, 9:30 to 11:00 a.m.

February 27 through May 17

To register for the Cortland workshop, call Blue Rivers Area Agency on Aging at (402) 223-1376 or (888) 317-9417.

What is *Tai chi: Moving for Better Balance*?

Tai chi: Moving for Better Balance is a group fall prevention program that uses a unique combination of eight single forms that are derived from the traditional 24-form Yang-style Tai chi. All forms are arranged in a sequence that progresses from easy to more difficult and can be practiced separately or together.

Why should I be concerned about falling?

- More than one third of adults age 65 and over fall each year.
- Falls are the leading cause of injury, hospital admission for trauma and death among older adults.
- 35 percent of people who fall become less active and independent.

Who can best learn from *Tai chi: Moving for Better Balance*?

The target audience for *Tai chi: Moving for Better Balance* is community dwelling older adults age 60 and older, who can walk easily with or without assistive devices; however, the movements can be practiced either seated or standing.

What are the goals of the program?

- Improve functional ability (e.g., balance and physical function),
- Reduce fall-related risks, and
- Reduce fall frequency.

What are the health benefits of participating in *Tai chi: Moving for Better Balance*?

- Improved social and mental well-being,
- Improved balance and physical functioning,
- Improved confidence in conducting daily activities,
- Reduced risk of falling and sustaining associated injuries, and
- Maintained independence and improved quality of life.

What is the cost of attending *Tai chi: Moving for Better Balance*?

As with all programs provided through the Older Americans Act, there is no charge for persons age 60 and older attending *Tai chi: Moving for Better Balance*. In order to help defray expenses, we ask for a suggested contribution of \$2 per class session for participants age 60 and older. A fee of \$3 per class session is charged to all participants under age 60.

TAI CHI: MOVING FOR BETTER BALANCE

IS BROUGHT TO YOU

THROUGH A PARTNERSHIP OF

BLUE RIVERS AREA AGENCY ON AGING,

PUBLIC HEALTH SOLUTIONS, THE CDC ,AND

THE NEBRASKA DEPARTMENT OF HEALTH AND HUMAN

SERVICES INJURY PREVENTION PROGRAM