



Improve strength, balance, mobility, and reduce risk of falling



This class is for you if you:

- Want to improve strength and mobility
- Have had a history of falls or concerns about falls
- Have an abnormal gait or difficulty walking
- Have Parkinson's Disease

Attend the one-hour **Tai Ji Quan: Moving for Better Balance** class twice a week for 12 weeks. You'll:

- Learn eight Tai Ji Quan forms plus variations for therapeutic value
- Build strength, postural control, and range of motion
- Increase awareness of body positioning
- Control center of gravity to prevent falls
- Maintain functional capabilities that will help you remain independent
- Make rewarding social connections

What participants say:

"The exercises make me more mindful of my movements at home. They are also a tool for meditation and stress relief."

"Excellent program. Everyone should participate. People should know how easy it is."

"I highly recommend these classes."

The program was developed by Fuzhong Li, Ph.D., Oregon Research Institute

Each class session consists of three parts: tai ji quan-based warm-up movements, core practice emphasizing integration of individual forms, and a brief period of breathing cool-down exercises. Research shows that this tai ji quan class is more effective at reducing falls for older adults than conventional exercise approaches.

Join us for this fun and motivating class.

NDSU

EXTENSION

For more information on classes near you, contact:

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