

taichi PRIME

PROVEN PROGRAM TO HELP WITH FALL PREVENTION

Taught by certified instructors.

Research showed participants had significant improvement in:

Balance

Cognition

Strength

Mobility

*"This is the best course
I've ever taken!"*

What is Tai Chi?

A slow, graceful ancient exercise that promotes calm mental focus and alignment while building leg strength, endurance, and balance.

What happens in class?

- Attend two 90-minute classes per week for 6 weeks
- Use a chair at your side for support and sitting
- Get to know other participants at teatime and discussions
- Learn how to integrate tai chi into your everyday life
- Plan ways to practice at home

National Council on Aging Evidence-based Fall Prevention Program

Participants need to be able to stand up and sit independently and walk with independently or with a cane

Sessions include :

- *Pre -and Post- session assessment of balance and cognition
- *Online practice video or DVD
- *Handouts
- *Practice Planners and Trackers
- *Group coaching to facilitate home practice

Contact Lori Enloe PT, MA to bring to your area and for session times

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Breath and Balance Tai Chi



taichihealth.com



*Program developed in conjunction with the
University of Wisconsin - Madison*