



## What is Tai Chi for Arthritis and Fall Prevention?

Tai Chi for Arthritis and Fall Prevention is an evidence-based program developed by Dr. Paul Lam that is designed to reduce the fear of falling and improve relaxation and balance in older adults who have concerns about falls.

Tai Chi for Arthritis and Fall Prevention meets face-to-face or online via Zoom (**technical assistance is provided prior to the start of a workshop**).

Classes are offered by a Board Certified TCHI instructor once a week for 16 weeks or twice per week for 8 weeks.

## What is the structure of a Tai Chi class?

Each Tai Chi for Arthritis and Fall Prevention session is 1 hour and includes:

- Warm-up and cool down exercises
- One or two movements per lesson
- Breathing techniques
- Tai Chi principles including those relating to improving physical and mental balance.

## How can Tai Chi benefit me?

Tai Chi for Arthritis and Fall Prevention classes will help you learn to:

- Improve balance, muscular strength, mobility, and flexibility
- Improve psychological health
- Decrease pain
- Prevent falls
- Build confidence and have fun



**Don't let the fear of falling keep you from the activities you enjoy. Falls can be prevented and joining a Tai Chi for Arthritis and Fall Prevention class could be the answer!**