“You are in charge”

Tai Chi: Moving for Better Balance

A low impact, evidence-based fall prevention program designed to be used in community-based organizations. Evidence suggests that Tai Chi eight-form exercises are an effective means of improving balance, functional limitations, and muscle strength, which reduce the risk of falling.

More facts:
Falls are the leading cause of nonfatal injuries in every age group except ages 15-24 and are the leading cause of injury death among adults 65 years and older in the U.S.

Approximately 7,000 older adults are hospitalized, and 225 die, from a fall every year in Oklahoma.

Acute care hospital charges alone total nearly $225 million.

Most fall injuries happen in predictable, preventable ways.

Tai Chi also builds confidence from the fear of falling.

This workshop will have an instructor for both seated and standing Tai Chi practice

Tai Chi: Moving for Better Balance

OHAI Central CHA
1122 NE 13th St, ORB 186
Oklahoma City, OK 73117

September 2nd - November 18th
Wednesdays
6:00 – 7:00 pm

Registration Info:
Caregivers, healthcare providers and seniors are welcome to participate, however space will be limited. If you are interested in attending Tai Chi Moving for Better Balance, please contact Maricela at (405) 271-6424.