

# Tai Chi

## Moving for Better Balance



## CONTINUING PRACTICE

### Mondays

March 30 — May 19

11:30 am to 12:30 am

Xenia Community Center

1254 W. Second Street

(next to Council office)

Practice is not held on holidays or on days when school is closed due to inclement weather.

There is no charge for the class.

For more information, call Jeff Schairbaum at 376-5486, ext 112 or email [jeff.s@gcco.org](mailto:jeff.s@gcco.org)



T'ai Ji Quan, or Tai Chi, traces its roots back to martial arts developed in China hundreds of years ago. Participants perform a set number of movements, called "forms," with some styles consisting of over 100 forms.

Tai Chi is widely recognized for its health benefits.

**Tai Chi: Moving for Better Balance** was developed by a team of researchers at the Oregon Research Institute using 8 forms derived from the traditional Yang-style Tai Chi. Research has shown that people who complete the program are half as likely to fall and have less fear of falling.

This instructional class is for older adults who are able to walk, independently or with a cane or walker, who are interested in improving balance, flexibility, and strength. Graduates of this class will be eligible to participate in future practice sessions.

Participants should wear loose, comfortable clothing and flat, rubber-soled shoes.