



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Moving for Better Balance

Helping Participants Feel Strong, Steady and Safe

Every 14 seconds, an older adult is treated in the emergency room due to fall related injuries. Fall related injuries are a major public health concern for individuals age 60 and up as well as those living with chronic conditions.

About the Program

Moving for Better Balance is a 6- week program, designed for adults age 60 and up, based on the principals of Tai-Chi. Participants will learn movements that are modified specially for fall prevention. This slow and therapeutic workout address the key components of fitness including flexibility, muscle strength, and balance.

Classes begin December 14th through January 27th

Tuesday and Thursday 9:00- 10:00am

Tuesday Evening 5:30 -6:30pm

No classes will be held December 23rd through December 31st

Instructor: April Humphrey

Moving for Better Balance has been shown to:

- Increase balance and stability
- Increase muscle strength
- Improve flexibility
- Increase mobility
- Prevent falls

This program is being offered through a partnership with South Delta Area Agency on Aging.



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