



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 Sept. 6th through Oct. 13th**

**Tuesday and Thursday 9:00- 10:00am**

**Tuesday Evening 5:30 -6:30pm**

**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.