Improve flexibility, strength and balance

For information on Tai Ji Quan: Moving For Better Balance™ in the Minneapolis / St. Paul area, contact:

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Metropolitan Area Agency on Aging, Inc.
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Anyone can participate: Seated, standing or both.
Movements are slow, smooth & safe!

An evidence-based fall prevention and balance training program for older adults

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Tai Chi: Moving for Better Balance™ &
Tai Ji Quan: Moving for Better Balance™
Dr. Fuzhong Li
Oregon Research Institute
Trained leaders facilitate classes
Twice each week for one hour
Community based classes

Participants learn 8 forms of Yang style Tai Chi adapted for fall prevention

• Hold a Ball
• Part the Wild Horse’s Main
• Single Whip
• Wave Hands Like Clouds
• Repulse the Monkey
• Brush Knees
• Fair Lady Works at Shuttles
• Grasp the Peacock’s Tail

**Here’s what participants say about Tai Ji Quan: Moving for Better Balance™**

“The class helped me be able to use old muscles I have not used in a while. Now I can stretch my arms up very high.”

“I was walking with a cane for a couple of years. After I joined the class I am able to walk without a cane.”

“This exercise program helped me a lot with emotional stress and physical improvement.”