





Healthy Aging NC

Community Based Fall Prevention Programs



 A MATTER OF BALANCE	 TAI CHI FOR ARTHRITIS AND FALL PREVENTION
<p>Who should attend?</p> <p>The program is for older adults who:</p> <ul style="list-style-type: none">• Are worried about falls• Have fallen in the past• Limit activities because of a fear of falling• Are interested in improving balance, strength, and flexibility• Live on their own• Can problem solve <p>What do you learn?</p> <p>You learn to:</p> <ul style="list-style-type: none">• View falls as controllable• Set goals for increasing activity• Make changes to reduce your risk of falling at home• Exercise to increase strength and balance	<p>Who should attend?</p> <p>The program is for older adults who:</p> <ul style="list-style-type: none">• Want to maintain and improve balance, strength and flexibility• Want to reduce stress and improve awareness• Live on their own• Are interested in meeting new people• Want to maintain progress made in physical therapy <p>What do you learn?</p> <p>You learn to:</p> <ul style="list-style-type: none">• Improve balance, strength, flexibility• Move with ease and awareness• Improve relaxation• Decrease pain• Prevent falls

Please visit <http://www.healthyagingnc.com> for class listings, online registration, and more information.

Any questions? Please contact healthyagingncinfo@gmail.com!