



Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Fall Prevention

Mondays, Oct. 25 - Dec. 13, 2021

1:30 to 3:30 p.m. ET

West Branch District Library

119 N 4th Street

West Branch, MI 48661

Tai Chi for Arthritis and Falls Prevention helps people with or without arthritis to improve balance, both mentally and physically, which helps significantly reduce the rate of falls experienced by older adults. Studies have shown that tai chi can reduce falls by nearly 70%. The program focuses on confidence building, which is linked closely to the reduced rate of falling. Other benefits include:

- Increases strength
- Increases balance and posture
- Prevents falls
- Improves mind, body, and spirit
- Reduces stress and increases relaxation

Tai Chi for Arthritis and Falls Prevention is led by a certified instructor, with each session including:

- Warm-up and cool-down exercises
- One or two movements per lesson, progressively leading to completing six basic core movements and six advanced extension movements
- Breathing techniques
- Tai chi principles relating to improving physical and mental balance

Modifications will be provided for those who want to attend seated or standing. This program is targeted to help older adults and older adults with disabilities at risk for fall stay active.

Cost: Free, thanks to support from MSU Extension and the Administration for Community Living

COVID-19 UPDATE: We are planning for an in-person program October-December, 2021. All participants, regardless of vaccination status, are required to wear a mask while indoors. Please do not attend any programs, meetings, or events if you feel ill.

Registration for Tai Chi for Arthritis and Fall Prevention is **open**.

Registration closes at 11:59 p.m. on October 25, 2021.

There are 29 openings available.

[Register Online](#)

Accommodations

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored whenever possible.

Contact Information

For more information or questions contact Nicole Wethington at wethingn@msu.edu.