JOIN Tai Chi:

Moving for Better Balance

How big is the problem of falls among older adults?

Falls are the leading cause of injury and death among older adults. One in three people age 65 and older falls each year, and this number increases to one in two by the age of 80. Fortunately, falls are a public health problem that is largely preventable.

How can I prevent falls?

- Begin a regular exercise program; tai chi is especially good.
- Have your health care provider review your medicines
- Have your vision checked
- Make your home safer

What is tai chi?

Tai chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of slow, gentle, flowing movements.

Who can do tai chi?

Tai chi is generally safe for all ages and fitness levels.

What are some of the reported benefits of tai chi?

- Improved balance and reduced likelihood of falling
- Improved strength, flexibility, and aerobic capacity
- Improved symptoms of arthritis, Parkinson's disease, stroke, and heart disease
- Lowered blood pressure
- Better and longer sleep
- Reduced pain, stress, and anxiety

Where can you find classes?

Call: **971-673-1101**
Website: **healthoregon.org/fallprevention**