

Tai Chi Moving for Better Balance

Tai Chi for Seniors and Fall Prevention Program RESIDENT

Sponsored by

The Mansfield Ct Senior Center and Starfarm Tai Chi

Why this Tai Chi Program?

This program has been scientifically tested for years, evaluated to **reduce rate of falling by 55%**. It is Recommended by the CDC in it's Compendium of Fall Prevention Programs. It is a SIMPLE tai chi movement set AND a complete program protocol.

What You Need to Know:

The Protocol for Preventing Falls :

- Two classes a week for 16 weeks
- First and last class sessions include functional balance testing.
- Instruction video and booklet available after 4th week. (small additional fee)

Registration: Fall Prevention Training Protocol requires registration for 2 classes weekly for 16 weeks. You may register for 1 class weekly for 16 weeks (*does not qualify as fall prevention training program*). You may register for 1 class per week for 8 weeks (*does not qualify as fall prevention training program*). MD or Physical Therapist written referral gets priority for registration. **Limited to 14 people.**



This evidence based Tai Chi Fall prevention program approach targets functional training for bilateral and unilateral stance (and transition), stepping forward, stepping sideways, stepping backward. (gait and balance). This Tai Chi

Moving for Better Balance program is one of 14 Fall Prevention programs recommended by the CDC, and the tai chi program protocol used in this tai chi class. A systematic review of 47 studies (9 RCT's, 23 NRS's, and 15 observational studies) concluded that:

“Tai Chi appears to have **physiological** and **psychosocial benefits** and also appears to be **safe and effective** in promoting **balance control, flexibility, and cardiovascular fitness in older patients with chronic conditions**”.

Instructor: Laddie Sacharko, Program Certified: ORI; “Tai Chi Moving for Better Balance”, and other certifications. Teaching Tai Chi to Seniors in eastern CT for 12 years. Teaching Mansfield Seniors since 1998.

Please Circle the Option Number and days

Enrollment Option 1	MWF 48	Classes.....	\$240	<i>Tai Chi Moving for Better Balance</i>
Enrollment Option 2	M&W 32	Classes.....	\$160	<i>Tai Chi Moving for Better Balance</i>
Enrollment Option 3	M&F 31	Classes.....	\$160	<i>Tai Chi Moving for Better Balance</i>
Enrollment Option 4	W&F 33	Classes.....	\$160	<i>Tai Chi Moving for Better Balance</i>
Enrollment Option 5 Circle one	Mon	4 weeks.....	\$6 ea class \$24	<i>Tai Chi recreation/wellness</i>
	Wed	4 weeks.....	\$6 ea class \$24	<i>Tai Chi recreation/wellness</i>
	Fri	4 weeks.....	\$6 ea class \$24	<i>Tai Chi recreation/wellness</i>

Senior T'ai Chi/Fall Prevention Registration Form Sept. 12 - Dec. 23, 2011

(please print; list only one person per form)

Name _____ Age _____
 Street address _____ Town _____ State _____ Zip _____
 Mailing Address (if different from above) _____
 Home Phone _____ Cell Phone _____
 E-mail Address _____
 Emergency Contact Person _____ their phone # _____
 I want to participate in the ***Fall Prevention Program: Tai Chi Moving for Better Balance***
 Signature _____ Date _____

I am applying for financial assistance (all Financial Assistance paperwork must be sent in with this form.)
 _____ or I have enclosed payment of \$ _____ Cash _____ Check No. _____

Tai Chi Moving for Better Balance

Tai Chi for Seniors and Fall Prevention Program **NON-RESIDENT**

Sponsored by

The Mansfield Ct Senior Center and Starfarm Tai Chi

Why this Tai Chi Program?

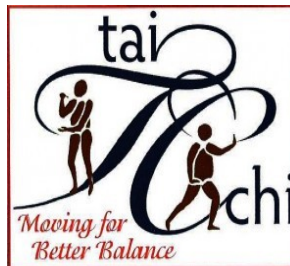
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Please Circle the Option Number and days

Enrollment Option 1	MWF 48	Classes.....	\$288	<i>Tai Chi Moving for Better Balance</i>	
Enrollment Option 2	M&W 32	Classes.....	\$192	<i>Tai Chi Moving for Better Balance</i>	
Enrollment Option 3	M&F 31	Classes.....	\$191	<i>Tai Chi Moving for Better Balance</i>	
Enrollment Option 4	W&F 33	Classes.....	\$193	<i>Tai Chi Moving for Better Balance</i>	
Enrollment Option 5	Mon	4 weeks.....	\$7 ea class	\$28	<i>Tai Chi recreation/wellness</i>
Circle one	Wed	4 weeks.....	\$7 ea class	\$28	<i>Tai Chi recreation/wellness</i>
	Fri	4 weeks.....	\$7 ea class	\$28	<i>Tai Chi recreation/wellness</i>

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Signature _____ Date _____