



A Pioneering Area Agency on Aging

Tai Chi Classes

IMPORTANT NOTICE

"Please register early. Classes that do not have sufficient enrollment will be canceled."

Beginners 8 Form Tai Chi for Balance and Fall Prevention

Auld Pavilion, 1650 Memorial Drive

Tuesdays, 10:45 to 11:45 a.m.

Sept. 18 through Nov. 27 (11-week session)

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

Tai Chi – Continuing 24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

- **Cotner Center Condominium
1540 Cotner Blvd.**
Mondays, 1 to 1:30 p.m.
June 18 through Aug. 6
(eight-week session)
Sept. 10 through Nov. 19
(no class Nov. 12) (10-week session)

Tai Chi – Moving for Better Balance

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Suggested contribution is \$2 per class or \$4 per week.

- **F Street Community Center, 1225 "F" St.**
Tuesdays and Thursdays, 10:30 to 11:30 a.m.
Sept. 11 through Dec. 4
- **Eastridge Presbyterian Church
1135 Eastridge Drive**
Mondays and Thursdays
1:30 to 2:30 p.m.
Sept. 17 through Dec. 13
(no class Nov. 12 and 22)

To register, call the Aging Partners Fitness Center at 402-441-7575.

