



# Tai Chi for Arthritis Program



**FREE to Sullivan County Seniors**  
Offered as part of the  
NYS Dept. of Health  
Older Adult Fall  
Prevention Program

The program is for all older adults who have a risk for falls. **All one-hour practices are held twice a week for 8 weeks.** If you feel that you are unable to stand for the one-hour program, the **movements are adaptable to meet your needs and can be performed in a chair.**

## Benefits of this program include:

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

**What is tai chi?**  
*Tai chi is an ancient Chinese practice that combines slow movements with deep breathing.*

**Instructor:** Bonnie Lewis, Certified Tai Chi for Arthritis Instructor

**Please sign up for more information about a class near you.**

Call **845-292-6180** • E-mail **sullivan@cornell.edu**

*Locations, starting dates, and times will vary.*



SULLIVAN COUNTY

**Please contact me; I'm interested in participating in the Tai chi for Arthritis program!**  
Please call or send this form to Cornell Cooperative Extension, 64 Ferndale-Loomis Rd., Liberty, NY 12754

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_



Cornell University  
Cooperative Extension  
Sullivan County

# Tai Chi Classes

## Are You Interested?

What is it?	8-week tai chi program based on the <i>gentle</i> Sun Style.
What is the focus?	<p><b>Benefits of tai chi for arthritis:</b></p> <ul style="list-style-type: none"> <li>• Increased strength, balance, and posture</li> <li>• Prevents falls</li> <li>• Improves mind, body, and spirit</li> <li>• Reduces stress and increases relaxation</li> </ul>
What is the evidence for reducing falls?	<p><b><u>70% Reduction in falls</u></b>  <i>(Voukelatos A, Cumming RG, Lord SR, &amp; Rissel C. A)</i>      Randomized, Controlled Trial of tai chi for the Prevention of Falls: The Central Sydney tai chi Trial. J Am Geriatr Soc. 2007 Aug;55 (8): 1 185-91.</p>
How long and often is the program?	<b>One hour classes, twice a week for 8 weeks + home practice</b>
Who is the program for?	Older adults at low fall risk They <b><u>do not</u></b> need to have arthritis
What if I'm unsteady on my feet or unable to stand?	All movements are slow, smooth, and continuous to help strengthen internal muscles. However ~ all movements adapt to meet the practitioner's needs and can be performed in a chair.
Who delivers it?	Bonnie Lewis, RN a certified instructor on <i>Tai Chi for Arthritis</i>
What is the common class size?	<b><u>10 – 15 people; MAX 20</u></b>
What is the goal?	NYS wants to reach 1,300 older adults statewide to reduce falls and fall injuries among older adults.

### **NEXT CLASS STARTS TUES. 8/2/16 FOR 8 WEEKS!**

Classes held at Cornell Cooperative Extension Sullivan County (64 Ferndale-Loomis Rd, Liberty)

**Every Tues. & Thurs. at 4 pm for 1 hour. The last class will be 9/22/16.**

Instructor: Bonnie Lewis, RN Dependent Care Educator

Cornell Cooperative Extension Sullivan County

RSVP at 845-292-6180 | [sullivan@cornell.edu](mailto:sullivan@cornell.edu) or return the completed form (reverse side of flyer).