

## Tai Ji Quan: Moving for Better Balance Leader Training



### Leaders Should:

- Be motivated to learn & lead others
- Ideally have experience teaching physical activity
- Be committed to offering two 12-week sessions, a minimum of one time per year (1 hour, 2 times per week)

### Leaders Will Develop:

- Improved motor-sensory-cognitive systems
- Strength, coordination and balance
- Increased range of motion in lower extremities
- Mindful control of body positioning and movement
- Greater confidence in moving easily and confidently

Support your community members in staying active and independent!

Tai Ji Quan: Moving for Better Balance is a falls prevention program derived from traditional Tai Chi movements and enhanced as a therapeutic practice to help older adults and those with balance disorders improve balance, coordination and postural control.

This tailored program is led by trained leaders who guide people in learning a core eight-form routine and eight therapeutic movements from the Tai Chi Yang-style. By the end of two 12-week sessions, participants report improved cognitive and physical functional abilities and reduced incidence of falls.

Workshops are offered through the statewide Juniper network—a centralized hub of community providers delivering evidence-based programs to help people manage chronic health conditions, improve balance and prevent falls, and foster well-being.

Become a TJQ Leader by attending the two-day training:

### When:

**February 27-28, 2019**

**8:00 AM to 4:30 PM each day**

### Where:

**The Active Living Center**

**400 River Rd**

**Grand Rapids, MN**

**Register Today - Space is limited!**

Visit [www.arrowheadaging.org/registration](http://www.arrowheadaging.org/registration)  
Or contact Georgia Lane: [glane@ardc.org](mailto:glane@ardc.org) or 218-529-7525

**Cost of 2-day training is \$100.**



Arrowhead Area  
Agency on Aging