

## 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 an 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

