

BALANCE CLASS @ ORCAS SENIOR CENTER NONPROFIT

**(Tuesdays and Thursdays for 6 months, starting
October 15, 5-6 pm)**

The Orcas Senior Center is excited to present Tai Ji Quan: Moving for Better Balance(r) (TJQMBB), developed by Dr. Fuzhong Li, Ph.D. These TJQMBB, or Balance Classes, will be instructed by Scott Heisinger, PT, DPT, a physical therapist at Orcas Island Physical Therapy. The classes are 60-minute sessions conducted twice per week for 24 consecutive weeks, and the cost to participate is \$240 (\$5 per class, paid in full at start of series).

The Balance Class is a forty-eight session research-based balance training course for older adults and people with balance disorders that transforms martial arts movements into a therapeutic regimen. The coursework is aimed at improving postural stability, awareness and mindful control of body positioning in space (balance), functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints (to enhance falls prevention strategies), and improve lower-extremity muscle strength. Research done on the efficacy of the course series demonstrates decreased falls risk per completion of the course.

Before taking the Balance Class, students will be asked to respond to a Physical Readiness Questionnaire. Due to safety concerns, not everyone is safe taking the Balance Class, for example dependent single point cane users

would be unsafe taking this class. For more information about the class content, contact Scott Heisinger directly at 360-376-6604.