

# How is this study funded?

This study is funded through a UW Institute for Clinical and Translational Research grant, and is a partnership between the UW-Madison, CAARN, La Crosse County Aging and Disability Resource Center, Goodman Community Center in Madison, and the Milwaukee County Department on Aging.



**UW-MADISON**

School of Pharmacy  
Dept. of Physical Therapy

**CAARN**

Community-Academic  
Aging Research Network

*In partnership with:*

Wisconsin Institute  
for Healthy Aging

University of Wisconsin  
School of Medicine  
and Public Health



**Goodman**  
Community Center



Aging & Disability Resource Center



Aging Resource Center  
of Milwaukee County



## Did you know?

- More than one-third of people 65 years or older fall each year
- Falls are the leading cause of injury & hospitalization for trauma among older adults
- 35% of people who fall become less active
- 40% of people who enter a nursing home had a fall in the prior 30 days

# Tai Chi

Fundamentals®

## Would you like to be in a Tai Chi Class Study?



The University of Wisconsin is studying the effects of a 6-week Tai Chi Fundamentals® course created for women and men age 65+ who want to avoid falls.

Tai Chi (“tie chee”) is an ancient Chinese tradition of slow, graceful standing or seated exercise. Tai Chi promotes calm mental focus and alignment while building leg strength, endurance, and balance.





If you ever wanted to learn Tai Chi, this is a great time to start!

- **Free** Tai Chi Fundamentals® classes will be held this Spring
- Instructors offer a fun and simple way to learn the slow quiet art of Tai Chi
- Classes meet for 90 minutes two times per week for 6 weeks
- Classes break for teatime and talk discussions
- Chairs are used for balance support and sitting during classes
- All participants receive a DVD and book to help practice Tai Chi exercises

## Who should take the class?

Adults **65 years and older**, living independently who fell in the last year or want to avoid falls.



## What would you need to do?

- Attend 2 classes a week for 6 weeks.
- Learn how to add Tai Chi principles into your everyday life.
- Help evaluate the class and its effects.
- Before and after the 6-week session, we'll check your physical status / balance.
- After the program is finished, you'll fill out a questionnaire and participate in a brief follow-up phone interview.

## Dates & Location

*West Allis Senior Center  
7001 W. National Avenue  
West Allis WI 53214*

*Participants must be available  
March-May 2017 for a 6-week session  
Mondays & Wednesdays 1:00-2:30 pm*

*Call to register and get information:  
Jennifer Lefeber at (414) 289-6352 by  
February 10, 2017*

Participants receive two \$25 gift cards  
as a thank you.

