

## DO YOU QUALIFY?

To participate in the program, you must be:

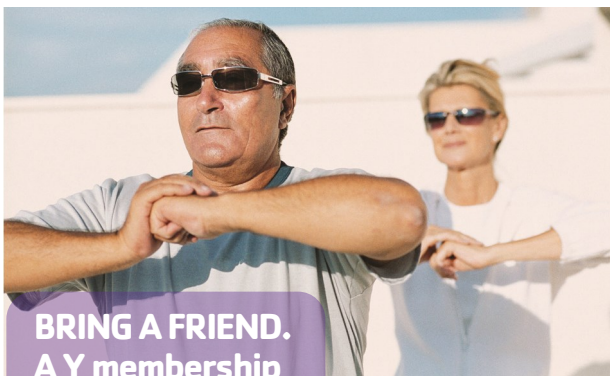
- **65 years or older**, physically mobile, with impaired stability and/or mobility
- **45 years or older with a chronic condition** that may impact stability and/or mobility

## WHAT YOU WILL ENJOY

- **12-week program which includes:**
  - 2 class sessions per week
  - 2+ hours of at-home practice per week
- A qualified instructor to teach you **therapeutic movements**
- A small group to help support you
- A safe and **comfortable environment** to learn and practice
- A convenient location in your community

## WHAT YOU WILL GAIN

- A positive **social experience**
- Improved **balance and stability**
- Improved **memory and cognition**
- Improved **muscle strength**
- Improved **self-confidence**
- **Reduced stress**
- Improved **flexibility**
- Improved **mental and emotional well-being**



**BRING A FRIEND.  
A Y membership  
is not required!**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU FEEL **STRONG** STEADY & SAFE

**Moving For Better Balance**  
**FAMILY YMCA OF MARION  
AND POLK COUNTIES**



Program Fees for 12 week Course:

Free for YMCA Members  
\$150 for Non-member Participants

Classes are available at:

Salem Family YMCA  
685 Court St. NE  
Salem, OR 97301  
(503) 581-YMCA (9622)

Silver Falls Family YMCA  
421 South Water Street  
Silverton, OR 97381  
(503) 873-6456

To learn more about this program, contact:

Nekole Baurer  
Community Health Director  
Family YMCA of Marion and Polk Counties  
685 Court St. NE  
Salem, OR 97301  
(503) 399-2770  
nbaurer@theyonline.org

[www.theyonline.org](http://www.theyonline.org)

## Have you ever felt like you were going to fall? Feeling unbalanced or unsteady can prevent you from taking part in basic everyday activities like cooking a meal or taking a walk with a friend.

When you're hesitant to be active, you may feel like life is passing you by. Just the thought of the smallest misstep or slip produces a rush of uneasy feelings that literally stops you in your tracks.

**Prevention is key.** Older adults and those with chronic health conditions often feel like they must accept impaired balance and limited mobility—this is not true. **You can build strength, improve balance, and gain confidence in your mobility.**



## GROWING STRONGER AND REGAINING CONTROL

A stumble can threaten your independence and your independence means everything.

**To live a full and meaningful life, you have to have the strength and confidence to move about.**

The Y offers **Moving For Better Balance**, a 12-week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.



## MAINTAIN YOUR INDEPENDENCE

Limited mobility often times leads to decreased independence. **Many chronic conditions such as heart disease or diabetes may contribute to impaired balance and decreased mobility.** Among older adults, falls are the leading cause of both fatal and nonfatal injuries that may result in limited mobility.

According to the CDC, each year more than 1.5 million Americans will have a stroke or heart attack, which may result in impaired balance and mobility. Research has shown that Tai Chi-based programs like Moving For Better Balance may aid rehabilitation for those age 45 or older with heart disease.<sup>1</sup> **Research has also shown that participants in Tai Chi classes had fewer falls, fewer fall injuries, and their risk of falling was decreased by 55 percent.<sup>2</sup>**

## GET BACK TO LIVING

Moving For Better Balance was developed by Fuzhong Li, PhD at the Oregon Research Institute with funding from the Centers for Disease Control and Prevention. **The program is led by a qualified instructor and teaches an eight-form routine of Tai Chi-based movements modified specially for falls prevention.**

Moving For Better Balance works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem.

**Moving For Better Balance is conveniently offered at Ys in Salem and Silverton and includes two class sessions and two-plus hours of at-home practice per week.** The program's safe and supportive group setting allows participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.



1. Taylor-Piliae, R. E., Silva, E., & Sheremeta, S. P. (2012). Tai Chi as an adjunct physical activity for adults aged 45 years and older enrolled in phase III cardiac rehabilitation. *European Journal of Cardiovascular Nursing*, 11(1), 34-43; 2. Stevens JA. *Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults*. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention (2010).