



## TAI CHI CAN PREVENT FALLS



*Prosper PT & Wellness Founder, Kristina Wolfe, leading a Tai Chi class.*

Weight transference, situation awareness, and breathing awareness were new vocabulary terms for Dottie when she left her first session of Tai Chi for Arthritis and Fall Prevention. More principles like moving slowly and deliberately would prove to be a challenge for this older woman who moves at the speed of her grandchildren.

Dottie is “young-at-heart” and stays active, but despite her efforts, she has still experienced several falls.

You don’t have to be older to experience the benefits of Tai Chi but with the increased risk of falls over the age of 65 it makes sense for older adults to engage in this type of activity.

Implementing the behavioral changes to be more self and situationally aware was just what Dottie needed.

Through Tai Chi, she learned proper posture, how to walk with focus, be more aware of her body position, and how to safely shift her weight. After taking this class, Dottie can perform these skills anywhere, and has even practiced them with her grandchildren.

**“Being someone who quite literally was always on the run, I thought Tai Chi was not for me,”** Dottie revealed to one of her friends, **“I cannot explain the confidence I have gained from participating in this class. I no longer think I have to move quickly like the kids to mask my actual age; now I move with mindfulness. The skills I have gained and continue to practice daily will last me a lifetime.”**

### TAKE THE NEXT STEP TODAY:

- Sign up for Tai Chi for Arthritis and Fall Prevention with Prosper PT & Wellness or find a class at your local senior center.

# WORD SEARCH

B N T Q C H C O N F I D E N C E O L  
 T G A V M I N D F U L N E S S B D J  
 A F M I P O S T U R E L K P T Z T T  
 I Y H R Y C R P W Z A K G J V Q C E  
 C G W Y P R O S P E R A E T T C L F  
 H V R H K U B O A R T H R I T I S D  
 I C T H Z B P R A C T I C E Y Q B Y  
 J A E W D B Q H L S H E A S C C J I  
 X B R E A T H I N G I Q X K Y G M Q  
 R E F A L L P R E V E N T I O N U W  
 Q V O D I G A F M O V E M E N T Y J  
 M E C K P Y J E A Y R I J R W O T U

Find the following words in the puzzle. Words are hidden up, down, and diagonal.

ARTHRITIS  
 BREATHING  
 CONFIDENCE

FALL PREVENTION  
 MINDFULNESS  
 MOVEMENT

POSTURE  
 PRACTICE  
 PROSPER

TAI CHI



**SIGN UP**

**Tai Chi for Arthritis  
& Fall Prevention**

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