

MOVING FOR BETTER BALANCE

Tai Ji Quan™: Moving for Better Balance aims to improve **balance, coordination, and stability** using gentle, low-impact movements based on the forms of Tai Chi. This progressive, evidence-based, 12-week program has been shown to increase confidence, reduce the risk of falling, and enhance overall fitness for participants. All levels are welcome. This program can accommodate individuals who need some assistance with walking, such as use of a cane. Tai Ji Quan™: Moving for Better Balance meets twice a week for one hour. **Offered both in person and virtually.**

PARTICIPANTS IN MOVING FOR BETTER BALANCE:

- Improve their balance
- Increase their self-confidence
- Gain a sense of achievement
- Improve their well-being

OUR MISSION

The Granite YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect and responsibility.

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown
116 Goffstown Back Rd, Goffstown, NH 03045

YMCA of Downtown Manchester
30 Mechanic St, Manchester, NH 03101

YMCA of Greater Londonderry
206 Rockingham Rd, Londonderry, NH 03053

YMCA of Strafford County
35 Industrial Way, Rochester, NH 03867

YMCA of the Seacoast
550 Peverly Hill Rd, Portsmouth, NH 03801

YMCA of Concord
15 North State St, Concord, NH 03301

Exeter Area YMCA
56 Linden St, Exeter, NH 03833

FOR MORE INFORMATION, contact Cindy Lafond, Executive Director of Health Interventions at 603.232.8668 or email health@graniteymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAI JI QUAN™: MOVING FOR BETTER BALANCE

A HEALTH INTERVENTION
PROGRAM AT THE GRANITE YMCA



www.graniteymca.org



PHYSICAL WELLNESS

Tai Ji Quan™: 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.



EDUCATION & OUTREACH

In the United States, falls related to injuries are a major public health concern for individuals over 65 as well as those living with chronic conditions such as heart disease.

DO YOU HAVE CONCERNS ABOUT FALLING?

Falls are not a normal part of aging, and you can reduce your risk of a fall. Tai Ji Quan™: Moving for Better Balance is designed to help older adults and individuals with balance disorders reduce their risk of a fall.

Take steps now to reduce your risk of a fall and maintain an independent lifestyle!



GROUP SUPPORT

In addition to the program's physical benefits, the safe, supportive group setting provides an opportunity for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.