



## FALLS PREVENTION PROGRAMME ACC FUNDED TAI CHI

WOULD YOU LIKE TO IMPROVE YOUR BALANCE?

DO YOU HAVE ONE HOUR A WEEK?

Tai Chi for Arthritis is a program composed by Dr Paul Lam especially for people with arthritis, but is also great for others. It originated in ancient China and is now practised throughout the world as an exercise for better health.

Tai Chi is: • suitable for everyone • relieves pain and improves quality of life for people with arthritis • relieves stress and improves concentration • improves balance and movement  
• can be done sitting down

**WHEN: Wednesdays August 25th 2010 FOR 16 WEEKS**

**TIME: 11-12pm**

**WHERE: Liston Heights TUTOR: DEBI HALL**

**MAXIMUM CLASS SIZE: 15**

**COST: FREE** with a referral from your Doctor ACC FUNDED.

**ELIGIBILITY CRITERIA:** you must be over 65 and have suffered a fall or are at risk of falling (or over 55 if you are Maori) **REGISTER @ REAP, 73 Titiraupenga Street, Taupo**  
PH: 07 378 8109

