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, the Goodman Community Center and the Milwaukee County Department on Aging.

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.

Classes will take place at the Goodman Community Center in Madison. Read more about how to enroll in this study!
Preventing falls with Tai Chi

Who should take this 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 and balance.
• Fill out a questionnaire upon completion of the program and participate in a brief follow-up phone interview.

Class Dates at the Goodman Community Center
Tuesdays and Thursdays from 10-11:30 a.m.

Facts about falls
• More than one-third of people 65+ 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

About each session
• Instructors will offer a fun and simple way to learn the slow quiet art of Tai Chi
• Classes will include a break for teatime and talk
• Chairs are used for balance and sitting during classes
• Participants will receive a DVD and book to help practice Tai Chi exercises

To sign up, please contact:
Gayle Laszewski, GCC Older Adults Program Manager
608-204-8032 :: gayle@goodmancenter.org

The Goodman Community Center is located on Madison’s near east side at 149 Waubesa Street.