

# Tai Chi PRIME®



## What is Tai Chi Prime?

Tai Chi Prime is an “Introduction to Tai Chi” class that was created for older adults to improve strength & balance.

Tai Chi 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, & balance.

## Participation Information:

- Attend 2 classes a week for 6 weeks- This is NOT a drop-in class, must plan to attend most or all classes.
- Each class is 90 minutes long, and includes a break for tea and conversation
- Use of instructional DVD during the workshop series
- Help evaluate the class and its effects

## Did you know?

- 1 in 4 adults aged 65+ fall each year
- Falls are the leading cause of injury and hospitalization for trauma among adults age 65+
- 35% of people who fall become less active

## Free classes will be held at:

Waushara County Courthouse  
209 S Ste Marie Street  
Wautoma, WI 54982

**Mondays & Wednesdays-**  
**March 4 – April 10, 2024**  
**3-4:30pm**

**For more information or to register  
contact:**

Amanda Kutcher at (920) 787-6666  
Suggested donation of \$20

