



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Falls Prevention™ **STEP UP TO STOP FALLS**

What is Tai Chi?

Tai Chi is a series of individual movements or forms that flow smoothly from one into another. Tai Chi synthesizes or combines movement, mind, breath, and meditation.

What are the benefits?

Improves balance, reduces an individual's fear of falling, increases strength, improves functional mobility, increases flexibility, increases psychological well-being, and reduces fall rates.

How long is a class?

An average class lasts about 45 minutes.

How long is the program/can I drop in?

The program will be ongoing, once a week. An individual will see more results when attending regularly, but it is OK to drop in when you can.

What do I wear?

Comfortable clothing. This program is always performed with footwear on so wear proper shoes such as sneakers.

Do we sit or stand?

We always start with a seated warm up and will stand some throughout the program. Anyone can sit anytime as needed.

Do we use equipment?

We use chairs to sit on and for balance while standing. No other equipment is necessary.

Is there an age limit/cap?

Any adult at any age can participate, enjoy, and benefit from Tai Chi.

Do I need experience to be successful?

No experience is necessary, as the instructor will teach you everything you need to know.

How long will it take me to learn?

Since the program is ongoing, it will take months to learn all of the forms in this balance program. Participants need to remember that it is the journey, not the final product that is important.

How much does it cost?

If you're insurance provider is on the list below, your membership to the YMCA is covered via the Silver Sneakers program with no charge.

If your insurance provider is not on the list, contact them to ask about membership coverage at our YMCA (344-1664 for more information).

For example, Independent Health requires a \$20 a year co-pay to be a member at our YMCA.

If you do not participate in the Tai Chi program as a YMCA member, the drop in fee per class will be \$5.00, payable at the beginning of each class (A check is preferable. Checks need to be made out to the YMCA)

Who do I call to find out more about the class schedule?

Call Genesee County Office for the Aging at 343-1611

Silver Sneakers Health Care Providers

- AARP Medicare Complete by United Healthcare
- Amerigroup
- Blue Cross Blue Shield of Western New York
- Blue Shield of Northeastern New York
- Capital District Physicians Health Plan, Inc. CDPHP Universal Benefits
- Empire Blue Cross and Blue Shield
- HealthNow New York Inc.
- Humana
- MVP Health Care
- United Health Care
- Universal Health Care
- Well Care

