



TAI CHI

FOR ARTHRITIS AND FALL PREVENTION WORKSHOP

Tai Chi for Arthritis and Fall Prevention (TCAFP) has been researched and proven to reduce falls by nearly 30%*.



Tai Chi for Arthritis and Fall Prevention is an evidence-based falls prevention program.

TCAFP was created by Dr. Paul Lam, an expert and world leader in the field of Tai Chi for Health Programs. Tai Chi is an ancient Chinese practice of slow, continuous, whole-body movements, strung together one after another in “forms”. The forms are learned step-by-step in a specific order, so it is important to come to as many classes as possible.

Classes are held 2x a week, for 8 weeks, and are taught by Certified TCAFP instructors.

*Voukelatos, A., Cumming, R. G., Lord, S. R., & Rissel, C. (2007). A randomized, controlled trial of tai chi for the prevention of falls: the Central Sydney Tai Chi Trial. *Journal of the American Geriatrics Society*, 55(8), 1185–1191.

This program is designed to:

- Improve balance and mobility
- Build confidence
- Improve muscular strength
- Relieve pain
- Reduce falls
- Improve quality of life

No special equipment is required.

Wear comfortable clothing and shoes. All you need to bring is your curiosity and your willingness to improve your health!



FALLS ARE PREVENTABLE

1 in 4 older adults age 65+ fall each year.*

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls. If you answer "yes" to the following, it's time to take steps to prevent a fall with Tai Chi for Arthritis and Fall Prevention:

- Are you 60 or older?
- Do you have arthritis or another health condition?
- Have you fallen in the past year – even if you weren't injured?
- Do you have a fear of falling? Or worry that you or someone you live with might fall?
- Do you live at home or in an independent apartment?

* Older Adults - Healthy People 2030 | [health.gov](https://www.health.gov)

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Evidence-based programs offered in Iowa:

www.iacommunityhub.org

Self-refer or refer someone else at:

www.iacommunityhub.org/referral

515-635-1285



Dr Paul Lam

Tai Chi for Health Institute

EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

Tai Chi for Arthritis and Fall Prevention:

[www.taichiforhealthinstitute.org/programs/
tai-chi-for-fall-prevention/](http://www.taichiforhealthinstitute.org/programs/tai-chi-for-fall-prevention/)

Tai Chi and Health Benefits, General Overview:

www.taichiforhealthinstitute.org/what-is-tai-chi/

→ uihc.org/tai-chi