

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:

Lester Public Library of Rome
1157 Rome Center Drive
Nekoosa, WI 54457

Tuesdays and Thursdays-
August 31 – October 7
9-10:30am

For more information contact:
Amanda Kutcher at (920) 787-6666

