

Balance

Elder Circle Offerings

To Contact Elder Circle: (218) 999-9233

- **Matter of Balance**

- Do you have a concern about falling? Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an evidence based program designed to manage falls and increase activity levels. You will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risk in your home, and learn exercises to increase strength and balance. This is an 8 week class 2 hours each session
- **When:** 9 am- 11am Fridays starting September 8th
- **Where:** Hill Crest Assisted Living
 - 570 Platt AVE
 - Nashwauk, MN 55768
- **Instructors:** Lloyd Adams and Jamie Mjolsness
- **Register:** Elder Circle 999-9233
- **Cost:** Suggested Donation based on income

- **Tai Ji Quan: Moving for Better Balance**

- A fall prevention program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing every day activities. This class is led by a Tai Chi trained instructor and runs 12 weeks 60 minutes 2 times per week. This program is suitable for all fitness levels and has option of staying in chair, holding on to the chair for support, or free standing.
- **Next Class Starts Sept. 5th**
- **Where:** Bovey, Grand Rapids, Nashwauk, Marcell
- **When:** Contact Elder Circle to find out the corresponding time and location
- **Location:** Contact Elder Circle to find out the corresponding time and location.
- **Fee:** Suggested donation based on income
- **Register:** Elder Circle 218 -999-9233

- **Tai Ji Quan: Moving for Better Balance Advanced Class**

- Tai Ji Quan: Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing every day activities. This class is led by a Tai Chi trained instructor and runs 12 weeks 60 minutes 2 times per week. This program is suitable for all fitness levels and has options of staying in a chair, holding on to the chair for support, or free standing. This class is a follow up class after the first 12 weeks.
- **Where:** Grand Rapids River Grand 355 River Road, Grand Rapids, MN 55744
- **When:** Tuesday and Thursday Starting December 5th
- **Location:** River Grand 355 River Road, Grand Rapids, MN 55744
- **Fee:** Suggested Donation based on Income
- **Register:** Contact Elder Circle

YMCA Offerings

To Contact YMCA: (218) 327-1161

- **Tai Chi: Moving for Better Balance**

- Helps older adults improve their balance and reduce the likelihood of falling. Research has found people who attend this class are half as likely to fall and are less fearful about falling

- **SilverSneaker® Yoga**

- This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Breathing exercises and final relaxation will promote stress reduction and mental clarity.

Majestic Pines Offerings

To Contact Majestic Pines: (218) 999-7776

- **Otago Balance**

- The Otago program is a balance, strength, and fall prevention program that has been developed, tested, and demonstrated to be most effective for reducing falls and fall related injuries among high risk individuals. (*Gentle*)

- **Yoga**

- Building on skills from yoga, this intermediate class focuses on a series of exercises to improve strength, balance, and flexibility while sitting, standing, and laying on the floor. Participants must be able to safely get on and of the floor without assistance. (*Gentle to Moderate*)

If you know of any programs or providers who should be on this list, please let us know! Go to the Contact Us page at www.getfititasca.org/contactus with the details!