What is Fall Prevention Tai Chi...?

For some people Tai Chi is a martial art -- a slowed down, graceful way of practicing the art of self-protection. According to most legends, this was Tai Chi’s beginnings -- back in centuries past when Chinese villagers were not allowed to take up arms or show their ability to fight off the warlords or local gangs threatening them. But for many of the early practitioners, as well as most of us today, Tai Chi is an “internal” martial art. We want to fend off the stresses of modern life, and maintain our agility, balance, overall health, mindfulness, and enjoyment of a mood-lifting experience of practicing these engaging movement forms with others.

Golden Ball Tai Chi
The gentle way to health and well-being

Golden Ball Tai Chi is a unique Tai Chi system that strengthens the body, relaxes the mind and lifts the spirit.

- relaxes tense neck and shoulders
- relieves stiff hips and joints
- improves balance
- helps prevent falls
- restores lost vitality
- improves circulation and digestion
- calms the nerves

Arthritis Foundation Exercise Program

AFEP is a low joint impact physical strength training activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

Four Things You Can Do to Prevent Falls:

1) **Speak up** - Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
2) **Keep moving** - Begin an exercise program to improve your leg strength and balance.
3) **Get an annual eye exam** - Replace eyeglasses when needed.
4) **Make your home safer** - Remove clutter and tripping hazards.

Line Dancing

Benefits from Line Dancing:

- Cardiovascular muscular strength improves
- Flexibility becomes better
- High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve
- Coordination improves through the different movements
- Improves lung capacity
- Bone strength can increase; bone loss can be stopped or slowed down
- Line dancing can aid in weight control

Bone Builders

The RSVP Bone Builders Osteoporosis Prevention and Reversal Program is an effective combination of weight bearing, balance and stretching exercises.

Let’s Get Fit!

You can visit different sites within the Northeast Kingdom for a variety of different wellness classes. Each is designed to improve your flexibility, balance, energy, and to help reduce your risk of disease.

Eligibility starts at 40.

**Want to know more?**
Call our helpline to sign up today!

1-800-642-5119
Arthritis Foundation Exercise Program — AFEP Classes Listed by Town

- Concord — Community Church
  481 Main St. (use Folsom Ave. entrance)
  Monday & Thursday — 2:00 pm-3:00 pm
- Danville — AFEP* - ZOOM Meeting — Full
- St. Johnsbury — St. Johnsbury House
  1207 Main St.
  Tuesday & Friday — 9:00 am-10:00 am
- St. Johnsbury — U.C.C.
  1325 Main St. (United Community Church)
  Monday, Weds. & Fri. — 1:30 pm-2:30 pm $1 donation per day attendance — for use of basement
- Westfield — Westfield Community Ctr.
  110 N. Hill Rd.
  Tuesday — 9:00 am-10:15 am
  Thursday — 10:30 am-11:45 am

Bone Builders Exercise Program — Classes Listed by Towns

- Derby — Church of God
  295 Crawford Rd. (side entrance)
  Monday & Thursday — 2:00 pm-3:00 pm
  No Summer hours; restarts after Labor Day
- East Haven — Community Building
  64 Community Bldg. Rd (library)
  Tuesday — 2:00 pm - 3:00 pm
  Thursday — 10:00 pm - 11:00 pm
- E. St. Johnsbury — Third Congo. Church
  Route 2
  Monday & Thursday — 9:00 am-10:00 am
- Greensboro — U.C.C Church
  165 E. Craftsbury Road
  Monday & Wed. — 10:00 am-11:00 am
- West Burke — W. Burke Community Ctr.
  100 School St.
  Monday & Friday — 10:00 am-11:00 am

Fall Prevention Tai Chi — Classes Listed by Town

- Greensboro — U.C.C Church
  165 E. Craftsbury Road
  Tuesday & Thursday — 10:30 am - 11:30 am
- Peacham — Peacham Gym
  79 Church St.
  Mondays - 10:00 am - 11:00 am
- St. Johnsbury — Park@ Winter & Main St.
  (bad weather-Father Lively Ctr.)
  Thursday — 1:00 pm-2:00 pm
  Saturday — 10:00 am-11:00 am

Golden Ball Tai Chi

- Danville — Danville Green
  (bad weather-Pope Library Comm. Room)
  Wednesday — 10:00 am-11:00 am
- Lyndonville — Creative Healing and Fitness
  518 Main St.
  Tuesday — 10:00 am-11:00 am
  Fridays — 9:30 am - 10:00 am
- St. Johnsbury — Park@ Winter and Main St.
  (bad weather-Father Lively Ctr.)
  Thursday — 9:00 am-10:00 am

Line Dancing — Classes Listed by Town

- Concord — Concord Town Hall
  374 Main St.
  2nd & 4th Wednesday — 1:00 pm-3:00 pm
  No Winter Line Dancing
- Troy — Sacred Heart of Jesus Church/ Parish Hall
  130 South Pleasant Street
  Wednesday — 6:00 pm-7:00 pm
  Contact Pat: 802-988-4193
- West Burke — W. Burke Community Ctr.
  100 School St.
  1st & 3rd Wednesdays — 1:00 pm-3:00 pm

For additional information you can visit our website at www.NEKcouncil.org