



**Where Will Wellness Pathways Lead You?**

## OUR MISSION

The Wellness Pathways program at GLSS is dedicated to improving the health and quality of life of individuals in our communities. We are committed to building a culture of wellness, where individuals are engaged, educated, and empowered to achieve total health.

## REGISTER ON LINE:

<https://www.glss.net/Help-me-find/Health-and-Well-Being/Wellness-Pathways>

## QUESTIONS?

Contact Jousette Anaya  
339-883-5141 | [janaya@glss.net](mailto:janaya@glss.net)

## OTHER WORKSHOPS

### A Matter of Balance

*Fall Prevention Workshops for Older Adults*

### Health Self-Management Workshops

*for people living with chronic conditions*

### Healthy Eating

*For Successful Living in Older Adults*

Wellness Pathways programs are partially funded through grants provided by Title III of the Older Americans Act through GLSS.



**Greater Lynn Senior Services**

8 Silsbee Street Lynn, MA 01901 [www.glss.net](http://www.glss.net)

# Do You Want to Improve Strength and Balance?



## TAI JI QUAN: MOVING FOR BETTER BALANCE® CAN HELP



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## IF YOU FEEL AT RISK OF FALLING OR ARE LIVING WITH A BALANCE DISORDER, THIS PROGRAM CAN HELP.

Tai Ji Quan: Moving for Better Balance® is a research-based balance training regimen designed for older adults at risk of falling and people living with balance disorders.

The program improves balance and strength through the use of a set of simple Tai Ji Quan-based moves.



## THIS RESEARCH-BASED WORKSHOP IS PROVEN TO HELP!

This program has proven effective in improving lower leg strength, sensory coordination, balance, and overall cognitive function.

Research shows that the program reduces the incidence of falls by 55%-58% in independent older adults and by 67% in people with Parkinson's disease.



## MEET NEW PEOPLE...LIKE YOU!

Our small, supportive, and inclusive classes for independent adults encourages caring friendships with people who understand how you feel and who will celebrate

“This program has helped me maintain my balance while gardening, which has been one of my main activities in retirement.”



This program was developed Fuzhong Li, Ph.D., Oregon Research Institute.