

Keep Moving ~ Stay Active

With an Evidence-Based Falls Prevention Program!

According to the National Council on Aging...

- **1 in 4 Americans** aged 65+ falls each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



- In 2013, the total cost of fall injuries was **\$34 billion** (78% paid by Medicare)
- This total cost could reach **\$67.7 billion** by 2020
- Even **falls without injury can cause fear** of falling, leading to physical decline, depression, and social isolation

Don't let the fear of falling keep you from the activities you enjoy. Falls *can* be prevented, and evidence-based falls prevention programs are the answer. Join us from the comforts of your home for a virtual Tai Chi for Arthritis class!

Tai Chi for Arthritis



16-session exercise program that can relieve pain, reduce stress, and improve quality of life for older adults.

Workshop participation:

- **47%** decrease in the occurrence of falls
- Improved balance
- Significant pain relief
- Less Stiffness
- Better ability to manage daily living



Illinois Pathways
to Health
by AgeOptions

Upcoming Workshop Details

When: Thursdays, Beginning
July 30 - November 12

Where: via Zoom

Time: 10:00am-11:00am

For questions contact Tai Chi Instructor
Kristine Moyer at: kris@acuhc.com

Visit https://bit.ly/VirtualTaiChi7_30 to register TODAY! Space is limited!