

SEPTEMBER IS NATIONAL FALL PREVENTION AWARENESS MONTH



DON'T FALL FOR IT. FALLS ARE NOT A NATURAL PART OF AGING.
YOU CAN PREVENT FALLS.

The Area Agency on Aging of the Coastal Bend is committed to providing a network of support services for seniors, people with disabilities, people on Medicare and their caregivers. They work year-round in empowering older adults to age well and stay free from falls.

This September, the Coastal Bend AAA wants to help raise awareness by promoting September as National Fall Prevention month and is inviting older adults who are age 60 and over to stay healthy and reduce falls. The AAA offers Evidence Based intervention programs like:

TAI CHI FOR ARTHRITIS AND SEATED TAI CHI FOR ARTHRITIS.

Participants

- Learn warmup & cool down exercises.
- Learn and practice breathing techniques.
- Learn 6 Basic Tai Chi forms.
- Learn to improve posture and practice situational awareness.
- Improve relaxation and meditation

Instructor

- Certified by the Tai Chi for Health Institute
- Provides alternative methods of practice. (Seated form)
- Provides a safe and welcoming environment.
- Holds class 2 times a week for 1 hour for 4 weeks

IF you are interested in learning more, call the Area Agency
(361) 833-3935 or in person @ 2910 Leopard St CC, TX 78