

Tai Chi Quan: Moving for Better Balance

12 week Tai Chi program

Presented by Creek County Health Department
& Creek County Literacy Program

Designed to improve balance and
reduce the likelihood of falling

Improves muscular strength,
balance, postural control

Reduces older adults' risk
of falling by 47 - 55%

1 in 3 adults over 65 fall each year

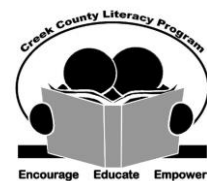
20 - 30% of falls result in moderate
to severe injuries; i.e., bruises,
hip fractures, head traumas

Sessions Begin January 5



Mondays • 10am to 11am

This free 12-week program is a health literacy outreach project of Creek County Literacy Program, the Oklahoma Department of Libraries, with funding provided by the Library Services and Technology Act (LSTA) and the Institute of Museum and Library Services.



Creek County Literacy Program | Library Annex

15 N Poplar St | Sapulpa, OK 74066 | creekliteracy.org

For more information for this free 12-week program, call 918-224-9647