



March—May 2017



## Active Aging- Tai Chi for Arthritis for Fall Prevention



Kapi'olani Community College (KCC) is offering classes designed specifically for seniors interested in active aging classes. The classes are planned by the KCC Kupuna Education Center and are taught by experienced health educators.

*Pre-registration is required and class sizes are limited.*

### Tai Chi for Arthritis for Fall Prevention

Tai Chi for Arthritis for Fall Prevention (TCAFP) is an evidence-based program that is supported by the Centers for Disease Control (CDC) targeting seniors to improve balance. In addition, TCAFP promotes relaxation, flexibility and strength. The Hawaii Dept. of Health (DOH) is a co-sponsor of the TCAFP workshop (w/ Tai Chi for Health Institute), the DOH promotes the TCAFP classes island wide as part of their Fall Prevention Program. As part of a commitment to the DOH, KCC will offer non-credit tai chi that will prepare students with no background in Tai Chi to practice and become familiar with the warm-up, first 6 movements and the cool down segments of TCAFP.

Participants are encouraged to practice the skills.

Notes: Participants must wear loose, comfortable clothing, socks and flat soled shoes. This is an activity class with the purpose of preventing falls, so a balance assessment will be completed at the beginning of the class. Participation is expected twice a week for the duration of the class and a balance re-

assessment will be completed at the end of the class. Full participation is expected and encouraged in order to see the full benefits of TCAFP.

Priority will be given to Seniors and individuals with compromised balance.

*Instructor: Jan Thurman*

**Course No.: ENR3089 - 001**

**Sec: A**

**Course Fee: Free**

**Days: Wednesday, Friday**

**Date: March 8– May 5, 2017**

**Time: 7:45 am-8:45 am**

**Room: Chapel**



**To Register for Classes go to:**

**<http://ce.uhcc.hawaii.edu/>**

**Kupuna Education Center: Ph. 734-9108**



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**KAPI'OLANI**  
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