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## **Senior Solutions Offers Tai Chi Instructor Training for Fall Prevention**

Interested in becoming a Tai Chi instructor and working with seniors? Senior Solutions and Tai Chi Vermont are offering a free, in-person, two-day **Tai Chi Level One Training**, focusing on improving balance and preventing falls. Training will be held April 20 and 21 from 9:30 – 4:30 each day at **Neighborhood Connections in the Mountain Marketplace, Londonderry, VT**. Senior Solutions will pay the full tuition of \$350 in return for instructors offering two series of classes to area seniors at no charge. Instructors will be Laurie Knauer and Anne Bower, Authorized Trainers from [Tai Chi Vermont, Inc.](http://TaiChiVermont.com)

The workshop consists of two full days where Level One movements and fundamental exercises are practiced. Safety issues and ways to adapt movements to accommodate participant limitations are taught. Attendees will receive pre-learning materials, and must attend a required Zoom meeting on Saturday, April 6, from 9:30 to 12:30. Full certification is valid for two years.

Fall Prevention Tai Chi is a fun and rewarding experience that helps the students and instructors. Benefits include improved balance, coordination, flexibility, focus, memory, and mindfulness. Those who practice frequently often find their sleep, mental health, and blood pressure improve as well.

Registration available at <https://www.taichivermont.org/register-for-an-event> Contact Thom Simmons at Senior Solutions to apply for the tuition waiver at (802) 755-7295 or [tsimmons@seniorsolutionsvt.org](mailto:tsimmons@seniorsolutionsvt.org)

### **About Senior Solutions**

Senior Solutions was established in 1973 as part of the federal Older Americans Act. One of five Area Agencies on Aging, non-governmental entities in Vermont, we receive funding from individuals, foundations, the state of Vermont, and the federal government to provide services to residents 60 years and older. Our services include case management, caregiver support, HelpLine referrals, health and wellness programs, Medicare and insurance assistance, and much more.

### **About Tai Chi Vermont**



Tai Chi Vermont is a 501(c)(3) nonprofit corporation dedicated to providing safe and effective tai chi instructor training throughout the state. We work collaboratively to set training standards, run the various instructor certification workshops, periodic “skillbuilder” gatherings, and special tai chi events. We also provide information about training and tai chi benefits to Area Agencies on Aging, SASH, and other public entities and individuals, and encourage set-up of tai chi classes in all parts of Vermont.

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