



Current classes: Tuesdays and Thursdays 9:30am-10:30am

Upcoming classes: Mondays and Thursdays 6:00pm-7:00pm Starting date to be decided shortly.
Watch for flyers or call us.

Location: Butler County Senior Center, 592 D St. David City, Ne

Phone number: 402-367-6131

Tai Chi is a graceful form of exercise that involves a series of movements, known as forms that are performed in a slow, focused manner combined with controlled breathing. It is a low impact exercise that puts minimal stress on muscles and joints-making it suitable for many older adults. It doesn't require special equipment and can be done either sitting or standing, either in a group or even alone.

Each year, about one third of adults aged 65 years of age and older fall, and 20 to 30 percent of those who fall suffer moderate to severe injuries, such as bruises, hip fractures, and head traumas. Falls are the leading cause of injury deaths and the most common cause of nonfatal injuries among this population. By taking a Tai Chi class you improve your balance and strength, and help prevent falls. Research has shown that practicing Tai Chi, a balance-prompting exercise, is a very effective way for older adults to reduce the risk of falling and to maintain their independence.



