



Custer County Health Department
Creating a State of Health

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Tia Chi for Better Balance Class

The Custer County Health Department in conjunction with Corn Heritage Village is offering a Tai Chi for Better Balance class beginning February 19, 2019. The class will be from 10am to 11pm on Tuesdays and Thursday from February 19 2019 until April 25, 2019. The class will include movements, stretches and exercise at an individual level. Please come dressed in comfortable clothing and shoes.

Tai Chi for better Balance is a program of exercises bringing together Balance, Improved physical function and core body strengthening that have been found to improve mobility and reduce falls in participants of all ages. The class will meet twice a week for 10 weeks with each class building on the exercises and movements of the previous class. The course starts with an individual assessment of strength, mobility and balance and at the completion of the 10 week program we again perform the assessment to gauge our improvement.

This program is recognized by the CDC – National Center for Injury Prevention as an evidence based program. What that means is that the program shows results. This course is appropriate for any level of activity or mobility from athletic to wheelchair bound persons. The program is about performing the exercises better than you did the last time you did them and is not about competition!

To sign up for the class please call either Corn Heritage Village at (580) 772-3993 or the Custer County Health Department at (580) 772 6417. We look forward to seeing you at the class!