



Tai Chi improves balance and stability

Tai Chi Master Rod Ferguson from the Australian Academy of Tai Chi & Qigong visited Charleville recently to provide a Train-the-trainer workshop in Balance and Stability for the Charleville Falls Injury Prevention Group.

Research continues to prove Tai Chi's positive outcomes in improving balance and stability thereby helping to reduce falls in the elderly.

Mr Ferguson's visit was the first phase of a district project in 'Tai Chi for Health & Falls Injury Prevention' be-

ing coordinated by the same group that provided the 'Sloppy Slipper' project last year. Funding has been provided by Outback & Involved and South West Health Service District.

Ten people from Roma, Morven and Charleville attended the recent workshop.

Information for citizens with a fear of falling who are interested in attending local community sessions of Tai Chi for Balance and Stability will be available soon. Interested persons can phone 0411 161 262 for more information.



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