

FOR IMMEDIATE RELEASE

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Registration begins for *Tai Chi: Moving for Better Balance*

With the snow and ice of winter, now is the time for individuals to improve their balance, strength and flexibility to prevent falling. *Tai Chi: Moving for Better Balance* is a research-based physical activity program targeted to reduce the risk of falls.

Tai Chi: Moving for Better Balance classes will begin January 26 in Chadron and Harrison. The Chadron class will meet at the Chadron United Methodist Church, 9th & Shelton Streets, on Tuesdays and Fridays 5:30-6:30 PM. The Harrison class will meet at the Community Center on Tuesdays and Thursdays 10:00-11:00 AM. Tai Chi: Moving for Better Balance will continue for 6 weeks.

Tai Chi: Moving for Better Balance is sponsored by University of Nebraska-Lincoln Extension. Individuals may register for the class by contacting UNL Extension at 432-3373 or 668-2428 or email to jgoffena2@unl.edu. Cost for the class is \$12 to pay for the facilities. Scholarships are available, if needed.

UNL Extension Educator Jamie Goffena, who will instruct the class, will demonstrate Tai Chi at the Lifespan Wellness Fair at Chadron State College Student Center January 21 anytime between 3:00 and 7:00 PM.

Goffena was trained and certified by Suman Barkhas, a nationally known Tai Chi and Yoga trainer from Mongolia who now lives in Eugene Oregon. "Tai Chi is an ancient Chinese form of exercise using slow, rhythmic movements combined with natural breathing," said Goffena. "The eight movements I'll teach are a low-impact activity that beginners will find easy and fun to do. Tai Chi seems to be popular as the class taught last fall filled quickly."

Goffena mentioned additional benefits, "Tai Chi also improves fitness, stress resistance, and health. It is relaxing and refreshing-- great after a day at work or energizing to start the day!"