



Tai Ji Quan: Moving for Better Balance®
Program for People with Parkinson's Disease

October 11th through December 1st
Tuesday and Thursday 11:30-12:30

Health Sciences Building Room 016, Alden Street, Springfield, Massachusetts

Tai Ji Quan: Moving for Better Balance® is an evidence-based falls prevention program. TJQMBB consists of an 8-form core of Tai Ji Quan forms, with built-in practice variations and Mini Therapeutic Movements specifically designed to challenge and improve your balance.

TJQMBB transforms martial arts movements into a movement therapy aimed at improving postural stability, walking, coordination, and mindful control of body positioning in space. It helps you develop strength, balance, and mobility, and reduces your risk of falls. *(adapted from tjqmbb.org)*

For more information, or to enroll:

Email: ptmobilityclinic@springfieldcollege.edu

Phone: 413.748.3475

This program is supported by the American Parkinson Disease Association, Massachusetts chapter, and by the Administration for Community Living



www.apdaparkinson.org/ma



www.acl.gov

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