Tai Chi classes, 45 minutes, 3 per week for 24 weeks, no cost, for women age 65 to 85 with low bone mass.

For details of qualification criteria, call Kimberly Bland at 743-4222 ext. 307

Research project: Effect of Tai Chi on Biomechanical Responses Related to Risk of Falls in Elderly Women with Osteoporosis

Purpose: To investigate effects of Tai Chi exercise on reducing the risk of falls in women with low bone mass.

(Research sponsored, approved, and monitored by Texas Tech University/TTU Health Sciences Center)

Project Principal Investigator: Dr. Ming Chyu, Professor, Department of Mechanical Engineering;
Tai Chi Instructor, Department of Health, Exercise & Sport Sciences, TTU
TTUHSC Principal Investigator: Dr. Leslie Shen, Assistant Professor, Department of Pathology
Exercise class will be held at Hodges Community Center (41st & University Ave.)