

Chair Tai Chi

Better Sleep and Fall Prevention



Sept. 1- Oct. 29, 2026

This series combines Tai Chi for Arthritis and Fall Prevention and the Sleep Education for Everyone Program (SLEEP). Tai Chi has been shown to increase strength, improve balance and posture, reduce stress, increase relaxation, and prevent falls. Tai Chi for Arthritis and Falls Prevention is led by a certified instructor. Modifications will be provided for those who want to attend seated or standing. This program is targeted to help older adults and older adults with disabilities at risk for fall stay active. Participants will also learn techniques to improve the quality and quantity of their sleep. We will cover the relationship between pain and sleep, sleep basics, sleep hygiene, stimulus control therapy, mindfulness, physical activity, and sleep myths. You will be given a sleep challenge to try, so you can track the effectiveness of changing your sleep behaviors.

To Register: <https://pears.io/events/msuext/8107/>

The librarians will be glad to assist you!

Skidway Lake Branch Library

2196 Greenwood Rd. Prescott

Tues & Thurs · 9:00-10:30 AM · Free!