

Select Evidence-Based Falls Prevention Programs

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
A Matter of Balance (MOB)	www.mainehealth.org/mob	<ul style="list-style-type: none"> ▪ Reduce fall risk and fear of falling ▪ Improve falls self- management ▪ Improve falls self- efficacy and promote physical activity <p>▪ Target Audience: Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength and have restricted their activities because of concerns about falling</p>	<ul style="list-style-type: none"> ▪ 8 weekly or twice weekly sessions ▪ 2 hours per session ▪ 8-12 group participants ▪ Emphasizes practical coping strategies to reduce fear of falling and teach fall prevention strategies ▪ Structured group intervention activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training 	<ul style="list-style-type: none"> ▪ 2 coaches (volunteer lay leaders) teach the class to participants ▪ Guest therapist visit (1 session for 1 hour) 	<ul style="list-style-type: none"> ▪ Master Trainers: 2-day training and on-going updates ▪ Coach/Lay leader training: 8 hours and attend annual 2.5 hour training update 	<ul style="list-style-type: none"> ▪ Licensing Cost: None. Everything is included in the training fee ▪ Training Cost: - Master Trainer session open to anyone (includes all materials): \$1,500 per Master Trainer plus travel - Group training available at an agency's location upon request: a) 11-15 attendees: \$16,000* plus \$220/person for materials b) 16-20 attendees: \$18,500* plus \$220/person for materials * plus travel, meals and lodging for 2 Lead Trainers ▪ Post-training Materials Cost: - Coach Handbook: \$20 - Participant Workbook: \$13 - Guest Therapist Handbook: \$6 - DVD (Fear of Falling and Exercise: It's Never Too Late): \$164.76/set - A Matter of Balance DVD: \$11.00 - A Matter of Balance Lay Leader Model CD-ROM for Coaches: \$2.00 	<ul style="list-style-type: none"> ▪ fall prevention ▪ group setting ▪ self-management ▪ health promotion

<p>CAPABLE</p>	<p>nursing.jhu.edu /capable</p>	<ul style="list-style-type: none"> ▪ Reduce fall risk ▪ Reduce fear of falling ▪ Improve activities of daily living (getting on/off of toilet, in/out of bath, getting dressed) ▪ improve instrumental activities of daily living (food shopping, going on small trips) <p>Target audience Adults 60+ who have any difficulty with at least 1 ADL who are cognitively able to problem solve.</p>	<ul style="list-style-type: none"> ▪ Individually-tailored, delivered at home ▪ 6 Occupational Therapy visits ▪ 4 Nurse visits ▪ Budget for home repairs, modifications, and installation of assistive devices ▪ Occurs over a 4-5 month period ▪ Is preventive in nature to optimize daily functional goals and decrease fear of falling through tailored action planning around participant-chosen goals such as being able to get into the bath safely. 	<ul style="list-style-type: none"> ▪ Occupational therapist ▪ Nurse ▪ “Handyman” or home modification specialist 	<ul style="list-style-type: none"> ▪ 6 online modules plus 8 hours of training through Skype or other distance-learning technology ▪ Follow up support calls or monthly webinars ▪ Users group for support available 	<ul style="list-style-type: none"> ▪ Licensing cost: - None, everything is included in the training fee. ▪ Training of RN or OT: - (includes manuals and materials): \$3,000 - Group training rates possible at a discount ▪ Post-training Materials for participants (all optional) ▪ Cost: - Health passport: \$10 - Exercise workbook for participants: \$10 - Tips for Safe and Independent Living book for participants: \$12 	<ul style="list-style-type: none"> ▪ Falls ▪ Fall prevention ▪ At-risk for falls ▪ Tailored program ▪ Community setting ▪ In-home ▪ Preventive ▪ Self-management ▪ Health promotion ▪ Self-efficacy ▪ Improved daily function
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<p>Enhance®Fitness</p>	<p>www.projectenhance.org</p>	<p>Goal: to improve the overall functional fitness and well-being of older adults.</p> <p>Target Audience: Older adults, from the frail to the fit. The class can be taken seated or standing, and instructors are trained in how to modify the exercises to suit the varying abilities of participants.</p>	<p>An ongoing, low-cost, evidence-based group falls prevention and physical activity program developed specifically for older adults. The exercises focus on four key areas important to the health and fitness of participants: low impact cardiovascular; dynamic/static balance work, strength training and stretching.</p> <p>Classes meet three times a week, an hour each session, providing social stimulation as well as physical benefits.</p>	<p>A Certified Fitness Instructor</p>	<p>Fitness instructors must be certified by a nationally-recognized fitness organization such as YMCA, ACE, or ACSM. They must also attend the required 1.5-day EnhanceFitness Instructor training.</p>	<p>Basic fee, Year 1: \$3,200. Package includes:</p> <ul style="list-style-type: none"> • EnhanceFitness license for one site (one-time fee per each additional physical site: \$500) • 1.5 day EnhanceFitness instructor training for up to 15 instructor candidates • EnhanceFitness Instructor manual for each instructor trained • One Site Coordinator Implementation Manual per site • EnhanceFitness marketing materials • Secure Web site link to program resources • Data collection forms • One license for EF Online Data Entry System (ODES) for data entry, analysis, and reports. (Licenses for additional users cost \$200 per person per year.) • Instructor support including moderated discussion group and newsletter <p>Annual License Renewal: \$50/site and \$200/ODES license</p> <p>EnhanceFitness Master Trainer Training Basic fee: \$2,000. Package includes:</p> <ul style="list-style-type: none"> • 2-day in-person Master Trainer training followed by a 1.5 day mentored New Instructor Training • Master Trainer Manual • Quarterly National Master Trainer Calls 	<p>Participant-centered Falls Prevention Physical Activity All In One Self-efficacy Ongoing Inclusive Increase function Increase strength Increase social activation Decrease Depression CDC Arthritis Approved Hard ROI proven Lowers Healthcare Cost Decreases Unplanned Hospitalizations Decreases Mortality Rate Medicare Advantage Plan reimbursement available Community setting Fun!</p>

<p>FallsTalk</p>	<p>www.fallscape.org</p>	<p>Goals ▪ Increase falls prevention behaviors and falls self-management skills</p> <ul style="list-style-type: none"> ▪ Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy ▪ Prevent participant falls and reduce fall risk. <p>▪ Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling.</p>	<ul style="list-style-type: none"> ▪ A one to six month personalized behavior change program delivered in two one-on-one sessions utilizing easy-to-use software (provided) that includes: a) evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports; b) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); c) follow-up interview and log review (10-20 min.). 	<ul style="list-style-type: none"> ▪ One or two trained facilitators ▪ Interview, follow-up and telephone check-ins can be delivered by separate facilitators. 	<ul style="list-style-type: none"> ▪ One or two days which can be completed separately (course outline on website) ▪ In-person training is mandatory to insure program fidelity, no specific educational pre-requisites ▪ Included software matches trainee's abilities ▪ Training is offered at various sites or can be delivered on-site for groups by custom arrangement. 	<ul style="list-style-type: none"> ▪ Licensing Cost: Included in the training costs. ▪ Training Cost: \$250 - \$395 (1 or 2 days) depending on program components and group rate; package includes training, software and support for one year. ▪ Annual Subscription Cost: Starts at \$250 based on both the number of Users on-site and program components (see website for details). Subscription provides on-going site support, software updates and web-based training. 	<ul style="list-style-type: none"> ▪ falls ▪ fall prevention ▪ at-risk for falls ▪ personal program ▪ community setting ▪ in-home ▪ out-patient ▪ telephone-based portion ▪ self-management ▪ health promotion ▪ self-efficacy ▪ fall risk screening
<p>FallScape</p>	<p>www.fallscape.org</p>	<p>Goals ▪ Increase falls prevention behaviors and falls self-management skills</p> <ul style="list-style-type: none"> ▪ Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy ▪ Enhance fall threat recognition and prevention behaviors with multimedia ▪ Prevent participant falls and reduce fall risk. <p>▪ Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling.</p>	<ul style="list-style-type: none"> ▪ A one to six month personalized multimedia behavior change program delivered in two to four one-on-one sessions utilizing easy-to-use software (provided) that includes: a) evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports; b) FallScape interactive multimedia training (one or two 15-30 min. sessions); c) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); d) follow-up interview and log review (10-20 min.); e) FallScape interactive multimedia evaluation (10-15 min.). 	<ul style="list-style-type: none"> ▪ One to four trained facilitators ▪ Interview, follow-up and telephone check-ins; as well as multimedia training, and multimedia evaluation can also be delivered by separate facilitators. 	<ul style="list-style-type: none"> ▪ One or two days which must be completed separately. Two days of FallsTalk training and demonstration of competency are required before FallScape training can begin (course outline on website) ▪ In-person training is mandatory to insure program fidelity, FallScape training is a pre-requisite for enrollment in Advanced FallScape (Day 2) ▪ Included software matches trainee's abilities ▪ Training is offered at various sites or can be delivered on-site for groups by custom arrangement. 	<ul style="list-style-type: none"> ▪ Licensing Cost: Included in the training costs. ▪ Training Cost: FallsTalk training plus \$250 - \$490 depending on program components (1 or 2 days- which must be taken separately from FallsTalk training and each other); Includes training, software, multimedia elements, support for one year and required competency testing. ▪ Annual Subscription Cost: Starts at \$600 including FallsTalk license. Based on both the number of Users on-site and program components (see website for details). Subscription provides on-going site support, software and multimedia element updates, as well as web-based training. 	<ul style="list-style-type: none"> ▪ falls ▪ multimedia ▪ fall prevention ▪ at-risk for falls ▪ personal program ▪ community setting ▪ in-home ▪ out-patient ▪ telephone-based portion ▪ self-management ▪ health promotion ▪ self-efficacy ▪ fall risk screening

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Fit and Strong!	www.fitandstrong.org 	<ul style="list-style-type: none"> Manage lower-extremity osteoarthritis through engagement in safe, balanced program of physical activity that builds lower extremity strength Target Audience: Sedentary older adults who are experiencing lower-extremity joint pain and stiffness and have received physician clearance to participate in exercise 	<ul style="list-style-type: none"> 8 weeks 3 times per week 90 minutes per session 	<ul style="list-style-type: none"> Fit and Strong! Master Trainer 	<ul style="list-style-type: none"> 8 hour Master Trainer-led training Must be a certified exercise instructor or licensed physical therapist, or PT or OT aide or student 	<ul style="list-style-type: none"> Licensing Cost: (includes training) \$2,000 for a system and \$400 for each system site in Year One; \$1,000 for stand-alone site in Year One Sites may need to reimburse their instructors for their training time Certified Exercise Instructor Training (\$30/ hour for 8 hours) Equipment Cost: Ankle Weights \$22 each Exercise Bands \$5 each Manuals (Instructor \$30 and Participant \$30 each) CD Player \$25 Exercise Music CD \$20 each Mats \$40 Instructor liability insurance \$160/ year if site does not already have in place 	<ul style="list-style-type: none"> physical activity osteoarthritis lower extremity strength chronic condition self-management health promotion
Healthy Steps for Older Adults (HSOA)	<p>Website: http://www.aging.pa.gov/aging-services/health-wellness/Pages/Healthy-Steps-for-Older-Adults.aspx</p> <p>Contact: PDA Health and Wellness Staff at wellness@pa.gov</p>	<p>Goal(s):</p> <ul style="list-style-type: none"> Prevent falls and injuries resulting from falls Increase awareness of risks for falls Introduce methods to reduce falls <p>Target Audience: Adults ages 50 years and older</p>	<ul style="list-style-type: none"> Healthy Steps for Older Adults (HSOA) provides screening, assessment, and education to reduce the incidence of falls. Two 2-hour workshops are offered to interested individuals in the community at facilities such as senior community centers and health care organizations. 	Certified instructors	<ul style="list-style-type: none"> Completion of three HSOA Workshop Leader online training modules (approximately 45 minutes each) Completion of a two-day HSOA Workshop Leader classroom training (approximately 6.5 hours each day) 	<p>HSOA workshops are offered to older adults ages 50 and up at no charge through Pennsylvania's 52 Area Agencies on Aging (AAAs). Other organizations and facilities outside of Pennsylvania's AAA network can purchase a license to train HSOA Workshop Leaders and to conduct HSOA workshops. For information on HSOA program licensing costs or for additional information about the program please email wellness@pa.gov.</p>	<ul style="list-style-type: none"> Fall Prevention Fall Risk Screening Group workshop Balance Strength Exercise Community Setting Health Promotion

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<p>Moving For Better Balance</p>	<p>Contact your local YMCA</p>	<p>Moving For Better Balance is a 12- week evidence-based, instructor-led group program designed to help participants improve their strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.</p> <p>Target Audience: To participate in the program, participants must be:</p> <ul style="list-style-type: none"> ▪ 65 years or older, physically mobile, with impaired stability and/or mobility ▪ 45 years or older with a chronic condition that may impact stability and/or mobility ▪ A YMCA membership is not required 	<p>Moving For Better Balance is</p> <ul style="list-style-type: none"> • a 12-week program which includes: <ul style="list-style-type: none"> • 2 class sessions per week • 2+ hours of at-home practice per week • A qualified instructor to teach participants • A small group to help support participants • A safe and comfortable environment to learn and practice • A convenient location in the community 	<ul style="list-style-type: none"> ▪ Moving For Better Balance trained instructors in Ys across the country. 	<ul style="list-style-type: none"> ▪ Contact your local YMCA 	<ul style="list-style-type: none"> ▪ Contact your local YMCA 	<ul style="list-style-type: none"> ▪ fall prevention ▪ exercise program ▪ balance ▪ strength ▪ relaxation ▪ group setting ▪ self-management ▪ health promotion ▪ social support ▪ stability ▪ reduced stress ▪ flexibility ▪ mental and emotional well-being

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<p>The Otago Exercise Program</p>	<p>http://www.med.unc.edu/aging/cgec/exercise-program</p>	<ul style="list-style-type: none"> ▪ Increase strength, balance, and endurance. Lifestyle change to incorporate strength and balance training a minimum of 2 hours per week. RCT demonstrated a 35% reduction in falls in high risk older adults. ▪ Target Audience Community-dwelling frail older adults. Most effective for those who are age 80 and over or 65 and older and frail. Can be implemented in the home, outpatient, assisted living facilities as well as in the community 	<ul style="list-style-type: none"> ▪ 4-5 visits with a physical therapist (PT) over 8 weeks with monthly phone calls for a year and optional follow up visits at 6, 9, and 12 months ▪ 17 exercises total – the PT evaluates the older adult and selects the most appropriate exercises from the 17 to challenge the older adult. ▪ The exercises are progressed to continue to challenge the older adult as they improve strength and balance ▪ Adjustable ankle weights are used for 3 of the exercises and weight is progressively increased over the course of the program ▪ The older adult does the exercises for approximately 30 minutes three times a week. ▪ When the older adult is strong enough to walk for exercise, a walking program is prescribed and progressed to up to 30 minutes three times a week ▪ The older adult can do their prescribed exercises in the home independently or with assistance, or in a group exercise settings as long as they do their prescribed exercises 	<ul style="list-style-type: none"> ▪ The initial evaluation and prescription is done by a licensed physical therapist ▪ The follow up visits can be done by a licensed physical therapy assistant ▪ The follow up phone calls can be done by the PT, a health coach, or other individual who is able to communicate progress to the PT ▪ The exercises can be done independently or supervised in a one on one or group setting 	<ul style="list-style-type: none"> ▪ Completion of the online “Otago Exercise Program Online Training for Physical Therapists” ▪ Optional participation in a free database to track patient progress and program fidelity at www.otagoexerciseusa.com ▪ Note: Therapists and agencies who participate in the database are eligible to be promoted nationally for offering the OEP 	<ul style="list-style-type: none"> ▪ Training Cost: -Online training cost \$25; Therapists receive up to 3.0 CEUs upon completion. -If patient demonstrates medical necessity and has a physician referral, then Medicare can potentially cover cost of physical therapy under Medicare Part B which does require a patient co-pay. ▪ Training Supplies: -Adjustable ankle weights for patients up to 20# cost varies -Exercises and patient resources can be downloaded in video or hard copy format. 	<ul style="list-style-type: none"> ▪ fall prevention ▪ strength ▪ balance ▪ physical activity ▪ progressive resistance ▪ evidence-based ▪ physical therapy ▪ health promotion ▪ self-management

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<p>Stay Active and Independent for Life (SAIL)</p>	<p>http://livingwell.doh.wa.gov Or http://www.synapticseminars.com</p>	<ul style="list-style-type: none"> ▪ Physical activity program that reduces fall risk factors by increasing strength and improving balance ▪ Target Audience: Adults 65+ 	<ul style="list-style-type: none"> ▪ An on-going class that meets 3 times per week for one hour. Each class includes warm-up, aerobics, balance activities, strengthening and stretching exercises that can be done seated or standing; and educational components. ▪ Periodic Fitness Checks assess general mobility, arm strength, and leg strength. ▪ SAIL Guides supplement class activities by providing written education information to prevent falls by addressing fall risk factors. 	<ul style="list-style-type: none"> ▪ Qualified SAIL Program Leader who has completed SAIL training (certified fitness instructors, exercise science professionals, or licensed health care professionals [e.g. physical /occupational/ recreational therapists/ assistants]) 	<ul style="list-style-type: none"> ▪ Complete 1-day (8 hour) SAIL Program Leader Training OR Complete 10-week online class through Pierce College with Continuing Education Units awarded upon course completion. The online course is available quarterly; see http://www.pierce.ctc.edu/el/sail-faq for more information. ▪ Background in fitness or exercise science. CPR certified. 	<ul style="list-style-type: none"> ▪ License Fee: None; SAIL is a public-domain program. ▪ SAIL Program Leader training: Cost for online course is \$185. http://www.pierce.ctc.edu/el/sail-register ▪ Refer to http://livingwell.doh.wa.gov or http://synapticseminars.com for further information regarding in-person 1-day training costs/availability. ▪ Other costs: equipment (up to 20 armless chairs, up to 20 pairs of adjustable 5lb cuff weights [10lb/ pair]). 	<ul style="list-style-type: none"> ▪ physical activity ▪ balance program ▪ muscle strength ▪ group setting ▪ health promotion ▪ fall prevention

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<p>Stepping On</p>	<p>http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html</p> <p>OR</p> <p>http://wihealthyaging.org/stepping-on</p>	<ul style="list-style-type: none"> ▪ Offer strategies and exercises to reduce falls and increase self-confidence in making decisions and behavioral change in situations where older adults are at risk of falling ▪ Target Audience: Community-residing, cognitively intact, older adults who are at risk of falling, have a fear of falling or who have fallen one or more times in a year 	<ul style="list-style-type: none"> ▪ 7 weeks ▪ 2 hrs per week ▪ A home visit or follow-up phone call by the program leader, to facilitate follow-through with preventive strategies and to assist with home adaptations ▪ 2-hour booster session after 3 months 	<ul style="list-style-type: none"> ▪ Trained leader ▪ Trained peer leader 	<ul style="list-style-type: none"> ▪ 3-day training for Leaders 	<ul style="list-style-type: none"> ▪ Licensing Cost: - Included in the training cost ▪ Training Cost: - On-site Wisconsin training (which includes the first 3-year license, the Freiberg Press Stepping On Manual, weights and the toolkit, and one fidelity check, by videotape, per Leader): - For Wisconsin residents: \$250 - For non-Wisconsin residents: \$1,500 for up to two people from an organization; \$1,200 for 3+ people - Off-site training: \$12,000 for training up to 20 individuals, PLUS the cost of the two trainers' flights, hotels, daily food allowance. In addition, the local (other state) must arrange for and provide: 20 of the Stepping On Manuals, copying of toolkit and other materials, room rental, snacks and lunches for 3 days, weights, arranging for a guest expert physical therapist on the first afternoon of the 3-day training, getting A-V equipment (power point projector, screen, DVD player, etc.), general training items including easels, flipcharts, nametags, table tent cards, etc., and arranging for Stepping On display and sample display items 	<ul style="list-style-type: none"> ▪ fall prevention ▪ self-management ▪ health promotion

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<p>Tai Chi for Arthritis</p>	<p>http://taichiforhealthinstitute.org</p> <p>For more details on Tai Chi for Arthritis information and guidance, see https://www.ncoa.org/resources/tai-chi-arthritis-program-information-guidance/</p>	<ul style="list-style-type: none"> ▪ Improve mobility, balance, strength, flexibility, and psychological health ▪ Decrease pain and falls <p>▪ Target Audience: Adults with or without arthritis, rheumatic diseases or related musculoskeletal conditions. The program is appropriate for people with mild, moderate and severe joint involvement and back pain. It is especially appropriate for adults who have a higher risk of falling.</p>	<ul style="list-style-type: none"> ▪ Attend a minimum of 16 hours of Tai Chi per week. This can be accomplished by attending one hour per week for 16 weeks or two hours per week for eight weeks. ▪ Program must be led by a certified Tai Chi for Health Institute instructor. ▪ Instructors should strongly encourage participants to practice the Tai Chi program at home for half an hour daily, at least four days per week. This can be done in one half hour session or two fifteen minute sessions. ▪ Participants must attend at least one in-person class per week. ▪ An instructional DVD is available to help guide learning and home practice as well as other educational aids such as books, the handbook, and wall charts. ▪ Developed by Dr. Paul Lam, the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and offer a variety of combinations. 	<ul style="list-style-type: none"> ▪ Tai Chi for Health certified instructors 	<ul style="list-style-type: none"> ▪ Contact a master trainer to schedule an instructor training workshop: http://taichiforhealthinstitute.org/instructors/master-trainers/?region=&fn=Find&country_id=233&region=&fn=Find ▪ Recertification training every 2 years (one-day training) ▪ CPR certified 	<ul style="list-style-type: none"> ▪ Licensing Fee: None ▪ Training Cost: Approximately \$275 per participant. Includes Teaching Tai Chi Effectively Book and Tai Chi for Arthritis DVDs ▪ Participant Cost: Varies by facility. Tai Chi DVD(s) are available at the Tai Chi Productions website for practice at home: http://usa.taichiproductions.com/categories/Instructional-DVDs/Health-DVDs/ 	<ul style="list-style-type: none"> ▪ physical activity ▪ arthritis ▪ chronic condition ▪ group setting ▪ health promotion ▪ balance ▪ relaxation

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Tai Ji Quan: Moving for Better Balance (TJQMBB)	www.tjqmbb.org OR For more details on TJQMBB information and guidance, see https://www.ncoa.org/resources/tai-ji-quan-moving-better-balance-program-information-guidance/	<ul style="list-style-type: none"> ▪ Improve balance, strength, and performance in functional walking activities; ▪ Prevent falls <p>▪ Target Audience: Community-dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or walking difficulty.</p>	<ul style="list-style-type: none"> ▪ Attend TJQMBB a minimum of 48 hours, preferably through one 24 week class, twice a week. Two 12 week classes meeting twice a week for an hour per session are not recommended but are permitted as long as the program follows the protocol for weeks 1-24 as outlined in the Class Teaching Plan. ▪ The duration of each session is 60 minutes. ▪ TJQMBB uses an 8 form Tai Ji Quan core aimed at improving postural stability, awareness, and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength. ▪ Recommended class size is 8-10 participants for new instructors and 10-15 for experienced instructors. 	<ul style="list-style-type: none"> ▪ Qualified Tai Ji Quan: Moving for Better Balance instructors 	<ul style="list-style-type: none"> ▪ 2-day training ▪ 3 one day follow-up refresher courses are highly recommended, with the first conducted within 1 month of the initial 2-day training, the second within 2 months, and the third within 4 months. ▪ For additional information, visit https://tjqmbb.org/ or contact Dr. Fuzhong Li at fuzhongl@ori.org. 	<ul style="list-style-type: none"> ▪ To learn more about costs visit: http://tjqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf 	<ul style="list-style-type: none"> ▪ fall prevention ▪ balance program ▪ group setting ▪ self-management ▪ health promotion