

# Take Action and Prevent a Fall!



**Have you fallen or are you limiting your activities because you're afraid you might fall? "Stepping On" or "NoFalls" classes might be right for you, and talk to your doctor about taking steps to prevent a fall. For information about programs and therapies that can help, visit [www.safercommunity.net](http://www.safercommunity.net).**

## **Stepping On Classes**

Tuesdays, 1:00 - 3:00 p.m.; September 14 - October 26  
St. Mary's Hospital Ctr. for Wellness, 700 S. Park Street, Madison  
Fee - \$35; **To register, call 258-6645.**

Thursdays, 9:15 - 11:15 a.m.; September 14 - October 26  
Our Lady Queen of Peace Catholic Church; 401 S. Owen Drive, Madison  
Fee - \$35; **To register, call parish office at 231-4600.**

## **NoFalls Classes**

Tuesdays, 11:45 a.m. - 12:30 p.m.; September 7 - December 14  
Warner Park Community Recreation Center (WPCRC), 1625 Northport Drive, Madison (Offered by MSCR)  
Fee - \$30; WPCRC ID Card required.; **To register, call 245-3690.**

Wednesdays, 11:00 a.m. - 12:00 noon; September 8 - December 15  
Fitchburg Senior Center, 5510 Lacy Road, Fitchburg  
Fee - \$35; **To register, call 270-4290.**

**Are you interested in improving your balance to prevent a future fall? It's never too early to start! Consider one of these classes.**

## **MSCR Balancing Act**

Wednesdays, 1:15 - 2:00 p.m.; September 8 - December 15  
Hoyt Building, 3802 Regent Street, Room 17, Madison  
Fee - \$38; **To register, call 204-3023.**

Wednesdays, 10:00 - 11:00 a.m.; September 8 - December 15  
Lake Edge United Church of Christ, 4200 Buckeye Road, Madison  
Fee - \$38; **To register, call 204-3023.**

## **Living Falls Free**

Mondays & Wednesdays, 1:45 - 2:45 p.m.; September 20 - November 17  
UW Sports Medicine Center, 621 Science Drive, Madison  
Fee - \$197; **To register, call 263-7936.**

## **Tai Chi For Your Health Class**

Session 1: starting September 9; Session 2: starting November 4  
Thursdays, 10:15 - 11:00 a.m.; Seven class sessions  
Waunakee Senior Center (in Village Ctr.), 333 S. Madison St., Waunakee  
Fee - \$56 per session; **To register, contact Mary Weiker at 850-6181 or at [weikerphysicaltherapy@tds.net](mailto:weikerphysicaltherapy@tds.net).**

## **Tai Chi for Beginners**

Mondays, 9:00-10:00 a.m., Stoughton Area Senior Center, 248 W. Main Street, Stoughton  
Thursdays, 9:15-10:15 a.m., Stoughton Public Library, 304 S. Fourth Street, Stoughton  
Fee - \$24/8 classes or \$5/class; **To register, call the Stoughton Area Senior Center at 873-8585.**

## **Tai Chi**

Fridays, 10:00 - 11:00 a.m.; New 10-week session begins in October  
Verona Senior Center, 108 Paoli Street, Verona  
Fee - \$30. **For information on start date and to register, call the Verona Senior Center at 845-7471.**

## **Body In Balance: Tai Chi**

Wednesdays, 10:30 - 11:15 a.m.; November 3 - December 8  
Classes meet in the lower level of the new State Bank of Cross Plains, Black Earth Office, 1030 Mills Street, Black Earth  
Fee - \$25; **To register, call Northwest Dane Senior Services at 608-767-3757.**

## **Beginning Tai Chi**

Thursdays, 7:00 p.m.; September 23 - November 18  
Schenk School (offered by MSCR); 230 Schenk Street, Madison  
Fee - \$38; **To register, call 204-3023.**

## **Continuing Tai Chi**

Tuesdays, 6:30 p.m.; September 14 - November 16  
Goodman Community Ctr. (offered by MSCR), 149 Waubesa St., Madison  
Fee - \$38; **To register, call 204-3023.**

## **Tai Chi Fundamentals**

Harbor Wellness Center, 2711 Allen Boulevard, Middleton  
**Call 821-6501 for start dates and registration fees/information.**

- Mondays at 11:30 a.m.: Beginning Tai Chi
- Mondays at 12:15 p.m.: Introduction to Tai Chi
- Wednesdays at 8:30 a.m.: Intermediate Tai Chi
- Fridays at noon: Intermediate Tai Chi
- Tai Chi for Arthritis/Health workshop October 6, 10:00 a.m. - noon

## **Advanced Tai Chi**

Mondays & Thursdays, 1:00-2:00 p.m.; Open to people with previous Tai Chi experience and/or consent of instructor.  
Stoughton Area Senior Center, 248 W. Main Street, Stoughton  
Fee - \$7/class; **To register, call the Stoughton Area Senior Center at 873-8585.**

## **Tai Chi Center of Madison**

1st class is free. **Visit [www.taichicenterofmadison.com](http://www.taichicenterofmadison.com) or call 663-8299 for schedule, pricing and registration details.**

- Saturdays, 10:00 a.m., Yang Style Tai Chi Sword
- Saturdays, 11:00 a.m., Yang Style Tai Chi Short Form

## **Free tai chi classes for veterans and their families**

The next 6-8 week series starts in October.

**Visit [www.madison.va.gov](http://www.madison.va.gov) for details.**

- Mondays, 5:00-6:30 p.m.
- Wednesdays, 10:00 - 11:30 a.m.
- Thursdays, 12:00 - 1:30 p.m.
- Mondays, 11:30 a.m. (Tai Chi for Women)

**Want to know which class is best for you? Visit [www.safercommunity.net](http://www.safercommunity.net) or call United Way 211 for more information about classes and other falls prevention programs.**

