

# Dunedin Tai Chi Classes from July 2015

**Brighton** Robertson Hall, Ocean View  
**Day and Time:** Tuesdays 10 am.  
**Ph:** Honor 481-1136; 027 677 9111

**Caversham:** Presbyterian Hall,  
**Day and Time:** Wednesdays 10.30 am  
**Ph:** Margaret 477-1040

**Green Island:** St Margaret's hall  
**Day and Time:** Wednesdays 1.15 pm  
**Ph:** Maureen 484-7299

**Maori Hill:** Community Centre,  
**Day and Time:** Thursdays 2 pm  
**Ph:** Angela 473-8352; 022-088-5776;  
Heather 476-3522

**Mornington:** St Mary's, Whitby St  
**Day and Time:** Fridays 10 am  
**Ph:** Margaret 477-1040

**Mosgiel:** Taieri Bowls Club,  
**Day and Time:** Thursdays 1 pm  
**Ph:** Maureen 484-7299

**Port Chalmers:** Town Hall  
**Day and Time:** Fridays 10 am.  
**Ph:** Tania 472-8733; 021-029-54367

**Portobello:** Bowling Club, Sherwood St  
**Day and Time:** Thursdays 1.30 pm.  
**Ph:** Mervyn 478-0931

**St Kilda:** Presbyterian Church hall  
**Day and Time:** Thursdays 1.30 pm.  
**Ph:** Tania 472-8733; 021-029-54367

**The Octagon:** St Paul's Crypt  
**Day and Time:** Wednesdays 1 pm.  
**Ph:** Tania 472-8733; 021-029-54367

**Waikouaiti:** Community Centre  
**Day and Time:** Monday 9 am, Tuesday 7 pm,  
Thursday 1.30 pm, Friday 10 am  
**Ph:** Joy 465-8313

**Margaret Dando**  
**Steady As You Go and Tai Chi Coordinator**  
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email: [margaret@ageconcernotago.co.nz](mailto:margaret@ageconcernotago.co.nz)  
26 Bath St / 9 The Octagon  
PO Box 5355, DUNEDIN 9058

## Falls Prevention *Steady As You Go & Tai Chi*



*Community based, ongoing, peer-led  
classes for men and women over 65  
to improve balance, leg strength,  
flexibility and general fitness.*



*Serving the needs of older people*

19 August 2015

## What is *Steady As You Go*®

This programme has been evaluated by the University of Otago and the exercises used are based on those proven to reduce falls by Professor John Campbell and Dr. Clare Robertson from the University of Otago.

The gentle exercises are designed to improve balance, leg strength, flexibility, general fitness and well-being. Participants warm up in a chair, followed by standing exercises, walking exercises and warm downs in a chair. A range of light ankle weights is used for the leg strengthening exercises and all participants are encouraged to work at their own pace and stop if they feel dizzy or lightheaded.

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### How does Tai Chi work?

Tai Chi is shown by scientific studies to improve muscular strength, flexibility and fitness, while also improving relaxation, balance, posture and immunity. Tai Chi Movements also emphasise the importance of weight transference which helps balance and prevents falls.

## Dunedin *Steady As You Go*® Classes

From July 2015

Allanton

Brockville

Caversham

Fairfield

Green Island

Halfway Bush

Kaikorai

Long Beach

Macandrew Bay

Maori Hill

Maryhill

Mornington

Mosgiel

Musselburgh

North East Valley

Outram

Palmerston

Port Chalmers

Portobello

Roslyn

Saint Clair

South Dunedin

The Octagon

Waverley

Waikouaiti

Waitati

