

**Tai Ji Quan: Moving for Better Balance (TJQMBB) Instructor Training**

NDSU EXTENSION

*Tai Ji Quan: Moving for Better Balance (TJQMBB)* is a research-based balance training regimen to help community-dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or walking difficulty. To learn more about *TJQMBB,* visit: [www.ndsu.edu/agriculture/extension/programs/tai-ji-quan-moving-better-balance](http://www.ndsu.edu/agriculture/extension/programs/tai-ji-quan-moving-better-balance)

*Tai Ji Quan: Moving for Better Balance* is an evidence-based physical activity program developed by Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute. Program is of two 60 minute sessions per week for 24 consecutive weeks or longer. If you’re interested in joining the network of North Dakota *TJQMBB* Instructors, consider attending an instructor training.

Training Dates & Location:

**(Tuesday & Wednesday) April 9-10, 2024**

Reimers Conference Room NDSU McGovern Alumni Center

1241 N University Dr, Fargo, ND 58102

Master Trainer: Dave Fink, national TJQMBB trainer and has worked with program developer, Dr. Fuzhong Li, since bringing the program to Minnesota in 2012.

There is no cost for the two-day training. Reimbursement is available for mileage, lodging and meals. Instructors are provided extensive support in delivering this highly effective workshop for older adults at risk of falling and people with balance disorders. Support is available from NDSU Extension *TJQMBB Master Trainers* across North Dakota.

Individuals interested in becoming instructors must identify their sponsoring organization and submit a **completed application by Thursday, March 28, 2024** to NDSU Extension. For more information about the instructor training, call Jane Strommen, at 701.231.5948 or email [jane.strommen@ndsu.edu](mailto:jane.strommen@ndsu.edu). Space is limited, so please register early.

Lodging will be reimbursed to the attendees at the state rate of $96.30 +tax/night, applicable taxes not to exceed $107.00.

*This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration on Aging, and granted through North Dakota Department of Health & Human Services, Aging Servings Division.*

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation(s), please contact Jane Strommen at 701.231.5948 by March 19, 2024 to make arrangements.

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