

Your kindness brings balance

Thanks to you, Cheryl can walk with confidence again.

Your support of our gentle exercise programs, such as Tai Chi, has brought new confidence to Yeppoon resident Cheryl who was living with the risk of debilitating falls.

Cheryl began to experience balance issues after treatment to remove a tumor at the base of her skull.

‘Three years after the treatment, I was still experiencing balance problems, including a few falls. I started practicing yoga, but it didn’t improve my balance so I started Tai Chi classes with The Arthritis Movement (TAM) last year,’ she said.

‘My mother had arthritis so I joined her up, and when she passed I kept in touch, so I was aware of the classes TAM offered.

‘I began with Dance with Arthritis and moved on to Tai Chi. I’m 70 years old and both classes have helped me deal with a range of issues.

Falls have reduced

‘Since starting Tai Chi, I haven’t fallen in a while and I can walk up and down stairs more confidently. I’m just more assured in my movements.

‘I’d also been walking with a stick, and we took a trip to Brisbane recently and suddenly I didn’t need to use it.’

With the Tai Chi working so well, Cheryl embraced the ancient practice and moved from the beginner to the advanced class.

‘I researched Tai Chi and have found a video that demonstrates moves for

arthritis. So I’ll do some of those as a warm up and then a TAM session,’ she said.

‘The teacher Margaret is very good and a wonderful support. The classes are relaxing and energising at the same time. So they have physical and mental health benefits,’ Cheryl said.

Gifts like yours support the gentle exercise classes that help people like Cheryl improve her balance and reduce the possibility that she will fall.

Thank you for giving to The Arthritis Movement. To donate, call 1300 275 826 or visit: arthritis.org.au.



Cheryl