

No. 2

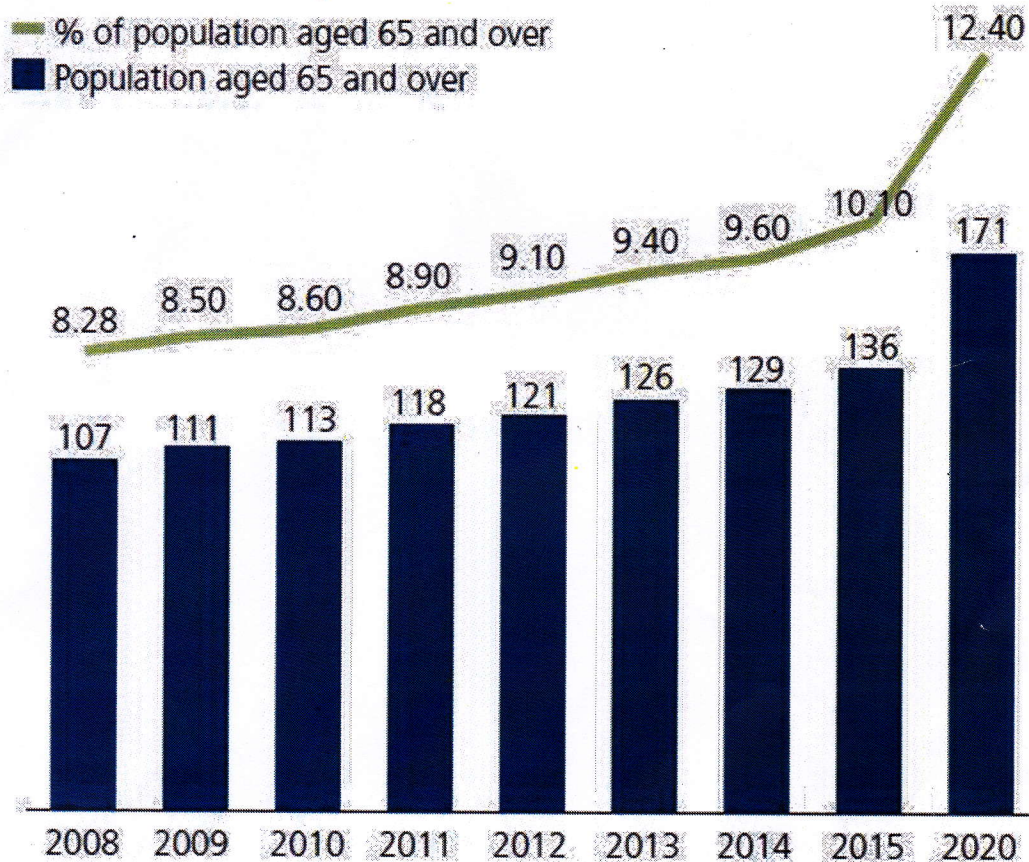
Part I

Presentation

(3 minutes)

Task: You are required to talk about the following chart, giving your account of the survey result, and making proposals about how to address the issue of ageing population.

**Ageing population in China  
(2008–2020F)**



(million)

arthritis 关节炎

**Task:** Suppose you are a staff member of Otsego County Office for the Aging and you are receiving a person who is interested in the Tai Chi program. You will answer questions from the person.

**Contestant:** A staff member of the Otsego County Office for the Aging

**Question Master:** A person who is interested in the Tai Chi program

**No. of Questions:** 6~8

**Part II Interview  
(3 minutes)**

**Now you will see a poster.**



## **TAI CHI FOR ARTHRITIS**

Classes will meet for one hour, twice a week for 8 weeks.  
Participants must attend a minimum of  
11 out of the 16 hours of lessons.

### **What is Tai Chi for Arthritis?**

Tai Chi for Arthritis utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults. Tai Chi for Arthritis is led by a certified instructor, with each session including the following:

- Warm-up and cool-down exercises
- One or two movements per lesson, progressively leading to completing the six basic core movements and six advanced extension movements
- Breathing techniques
- Tai Chi principles including those relating to improving physical and mental balance

### **What are the Benefits?**

- Increase strength, balance and posture
- Prevent falls
- Improve mind, body and spirit
- Reduce stress and increase relaxation

Movements can be modified to accommodate mobility issues for any participant and can be done seated as a starting exercise.

This FREE evidence-based program is offered as part of the NYS Department of Health Older Adult Fall Prevention Program and is supported by funds from Title III D of the Older American's Act and other state and local funding.

[www.taichi4arthritis.org](http://www.taichi4arthritis.org)

## **Upcoming Classes:**

### **Milford**

United Methodist Church  
113 N. Main Street  
Mondays and Thursdays  
10:00 to 11:00am

February 24<sup>th</sup> – April 16<sup>th</sup>

Entrance and parking located  
at the back of the church

Open to Otsego County  
Residents age 60 and older

**FOR MORE INFORMATION OR  
TO REGISTER, PLEASE CALL:**

**(607) 547-4232**

Registration Required to Attend

**Otsego County  
OFFICE for the AGING**

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