LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

sport canterbury

Approved Community Group Strength & Balance Programme

This certificate is awarded to the

Tai Chi

with Jing Jing

exercise programme meets all nine of the Community Strength and Balance effectiveness criteria established by the Technical Advisory Group (TAG) to reduce the falls in older people

Lily Purdon	Strength & Balance Project Lead	2 July 2025
Name	Designation	Date
Signature		2 July 2026
		Expiry

APPROVED STRENGTH AND BALANCE PROGRAMME