Volunteers Needed for an Exercise Research Project

People aged 65 years and older are being sought to participate in *Exercise & Healthy Aging*, a research study conducted by the Oregon Research Institute to evaluate the health benefits of three different exercise programs (Group Exercise [involving strength, balance, aerobic exercises], Stretching, Tai Ji Quan).

Classes will be conducted at the Tualatin Senior Center on Monday and Wednesday afternoons, beginning on October 20.

Basic eligibility requirements are (1) having a history of falling; (2) being able to engage in mild-to-moderate exercise without incurring any medical problems and (3) obtaining a clearance to participate from your healthcare provider. Additional eligibility conditions will be explained by the Research Staff.

If you are interested in participating or have any questions please contact the Research Staff at Oregon Research Institute (**503-542-5205**). **There is no cost to participate in this project - All exercise classes are free.**

This research is funded by the National Institutes of Health
National Institute on Aging

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