



YOGA STUDY FOR OLDER ADULTS

Researchers at UW-Madison, in collaboration with the **ADRC of Crawford County** is conducting a study. We want to learn if yoga delivered over the internet can improve healthy aging.

We are looking for volunteers willing to participate in an 8-week chair-assisted yoga program being offered over the internet.

- Classes are modified to your abilities and taught by a registered yoga instructor.
- There are 2 classes per week and each class lasts 75 minutes.
- You will also be asked complete up to 3 telephone data collection calls with research staff. These calls will happen before and after you complete the yoga program.
- During the calls, research staff will ask you questions about your fall risk, activities of daily living, and activity levels.

Classes are free. Eligible individuals will be randomly assigned to begin a class **on Dec. 1, 2021 or Jan. 26th, 2022.**

**60 Years of Age
with Limited Yoga
Experience**

**History of a Fall or
Fear of Falling**

**Must be able to
Walk for 10
Minutes**

**Has access to a
stable internet
connection**

**FREE Yoga
Classes [days of
the week and
time]**

**PARTICIPATION IS
VOLUNTARY**

For more information or
to see if you qualify,
contact:

Anne

608-262-2712

or

smil@education.wisc.edu