SEEKING HEALTHCARE WORKERS 50+ FOR VIRTUAL TAI CHI FOCUS GROUP INTERVIEW

Open to...

- Age 50 or older
- Employed 20 or more hours per week as a healthcare worker
- Internet access

- Tai Chi is an ancient Chinese exercise which can help decrease stress, improve balance, and increase sleep quality.
- Participants will receive a $40 gift card after completing the focus group interview.
- Participants will complete a 15-min online survey and join a 90-minute online focus group interview
- During the focus group, participants will receive and provide feedback on a brief Tai Chi class.

Interested? Scan the QR code or contact Dr. Nicole Yuan
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https://redcap.link/balanceinmotion