

Class Etiquette Guide

Pay Attention: Avoid cell phone usage or excess talking during video chat. During tai chi lessons, the more you pay attention, the easier the class will be.

Be positive: Don't get discouraged. Most participants are probably feeling the same way you are. Know your limits and only do what you are capable of doing. Stick with it and the moves will become easier the more comfortable you are with doing them. Make sure to ask for help when you need it though.

Be on time: Give yourself time to set up your webcam and laptop that way you won't miss anything.

Come by yourself: To respect the privacy of your fellow classmates enrolled in the study, please plan to attend the class without the presence of others.

We understand that you may want to share the tai chi lessons with friends and family. You will have the opportunity to share the program after the 8-week session.

Dress comfortably: You will be moving so make sure to wear something comfortable that allows for movement.

Respect others: Everyone is here to learn, so treat all fellow participants with courtesy, kindness, and respect.

Ground Rules for Discussion:

- No foul language
- No medical advice
- Avoid topics such as politics, religion, etc.

It's Okay to "Pass": If you find a discussion uncomfortable or not something you wish to talk about, it's okay to simply "pass" on the conversation. You are not required to discuss anything if you do not wish to.