



Tai Chi for Arthritis with Fall Prevention Workshop

On completion of this successful two-day workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified tai chi classes. Tai Chi for Arthritis with Fall Prevention is a program designed by Dr Paul Lam in conjunction with a team of medical specialists and Tai Chi Specialists. Based on Sun Style Tai Chi, Tai Chi for Arthritis with Fall Prevention is easy to learn, effective and safe. The program is designed to improve balance and help prevent falls. This program will also improve overall health and wellness. This is one of only 3 Tai Chi programs recommended by CDC (Centres for Disease Control and Prevention) as an aid to fall prevention for the elderly). Certification is in Tai Chi for Arthritis and Tai Chi for Arthritis with Fall Prevention. Workshop notes, morning and afternoon tea are included in the workshop.

Who is eligible to attend this training? Suitable participants include; Occupational Therapists, Physiotherapists, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, health professionals Accredited Exercise instructors, Certified Allied Health etc.

Your Trainer

Brenda Hum is a Tai Chi for Health Institute Master Trainer in Tai Chi for Arthritis, TCA with Fall Prevention, Tai Chi for Osteoporosis, Tai Chi for Rehabilitation and Tai Chi for Memory.

She holds a Bachelor of Education and is a retired school teacher.

Before the workshop

Dr Paul Lam's teaching Tai Chi Effectively book is compulsory reading before the course. You are also expected to work through Dr Lam's Tai Chi for Arthritis DVD before the workshop. The book and the DVD can be obtained either by ringing Tai Chi Productions on 02 9533 6511 or from the Tai Chi Productions website: www.taichiproductions.com. The e-book is available via the website.

When: June 14th & 15th, 2019 – **Time:** 9.00am to 5.00pm

Where: Arthritis SA, 118 Richmond Road, Marleston, SA 5033

Workshop cost: \$400 with early bird payment of \$380 due by Friday May 31st.

Update day: Saturday June 15th – **Cost** \$190.00

Registration deadline June 7th 2019

Registration

Name.....
Organisation.....
Address.....
Suburb..... Post Code.....
Phone number.....
Email.....

Workshop: Tai Chi for Arthritis With Fall Prevention

Please indicate: Full workshop or Update Day.

Cost - Course fee \$400.

Early Bird Fee \$380 Payment due by May 31st 2019.

Update cost \$190

Registration deadline June 7th 2019

Cheques made out to "LEAP SA"

PO Box 180

St Agnes, South Australia 5097

Direct Debit

BSB: 015 300

Account: 187325306

**Please add your name to the transfer and email details to
teamleap@outlook.com**

Enquiries

Brenda Hum: Phone: 0413022246 Email: bghum@internode.on.net