



## **Tai Chi for Arthritis with Falls 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 Falls 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 Falls 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 and 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 Falls Prevention, Tai Chi for Osteoporosis, Tai Chi for Rehabilitation and Tai Chi for Memory.

### **Before the workshop requirements**

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](http://www.taichiproductions.com). The e-book is available via the website.

**When:** Sat April 4<sup>th</sup> and Sun April 5<sup>th</sup> 2020 – **Time:** 9.00am to 5.00pm

**Course fee: \$420.**

**Early Bird Fee: \$400 Payment due by March 13<sup>th</sup>, 2020.**

**Update day: April 5<sup>th</sup> cost \$200**

**Registration deadline: March 20<sup>th</sup>, 2020**

**Venue:** Marjory Black Community Room

SACOSS Building, 47 King William RD, Unley, SA 5061



## Registration

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

## Workshop: Tai Chi for Arthritis with Falls Prevention

Please indicate: Full workshop or Update Day.

**Cost - Course fee \$420.**

**Early Bird Fee \$400 Payment due by March 13<sup>th</sup>, 2020.**

**Update cost \$200**

**Registration deadline March 20<sup>th</sup>, 2020**

**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  
teamleapsa@outlook.com**

**Enquiries**

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