



Tai Chi for Diabetes Workshop (and update)

On successful completion of this two day intensive workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified Tai Chi for Diabetes classes. Tai Chi for Diabetes is a program specially designed by Dr. Paul Lam in conjunction with a team of medical specialists and tai chi experts. Based on the Sun and Yang style Tai Chi, Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to prevent and improve the control of diabetes. The program will improve health and wellness.

At the workshop

- Learn how to teach this program safely and effectively
- Gain knowledge of what is Tai Chi and how it helps people with diabetes
- Be able to perform the Tai Chi for Diabetes set

Who is eligible to attend this training?

Suitable participants include: Diabetes Educators, Occupational Therapists, Physiotherapist, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, Health professionals (eg doctors), Accredited Exercise Instructors, Certified Allied Health Assistants

Your trainer

Rani Hughes is an occupational therapist and Master Trainer in the Tai Chi for Arthritis, Tai Chi for Diabetes, Tai Chi for Osteoporosis and Tai Chi for Rehab programs. Rani enjoys teaching and has trained hundreds of Tai Chi for Health instructors across Australia and internationally. She has taught tai chi for over twenty years to a diverse range of people including people with arthritis, diabetes and mental health issues.

Workshop details

Date: Saturday 29th & Sunday 30th May 2021
Time: 9.00 am-5.00 pm both days
Venue: Thebarton Community Centre, South Rd & Ashwin Parade,
Torrensville SA 5031

Cost: \$430 per person (early bird registration \$400 paid in full by 9th April).



Registration Tai Chi for Diabetes Workshop Sat 29th & Sunday 30th May 2021

**Cancellation and late registration will be subject to a \$50 administration fee
Registration deadline is 23rd April 2021**

You can update other Tai Chi for Health programs at this workshop for \$45 per program

Name:

Organisation:

Address:

Suburb: Postcode:

Phone: Email:

Dr Paul Lam's teaching Tai Chi Effectively book is compulsory reading before the course.

This can be obtained either by ringing Tai Chi Productions on 02 9533 6511 or from Tai Chi Productions website: www.taichiproductions.com.

The e-book is available via the website. The TCD video is also available on Dr Lam's Online lessons: <https://www.onlinetaichilessons.com/>

Payment Methods:

Cheque

Cheques made out to "LEAP SA"
PO Box 180
St Agnes, South Australia 5097

Direct Debit

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

BSB: 015 300
Account: 187325306

Enquiries

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