



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. The e-book is available via the website.

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

Course fee: \$420.

Early Bird Fee: \$400 Payment due by March 13th, 2020.

Update day: April 5th cost \$200

Registration deadline: March 20th, 2020

Venue: Marjorie 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 13th, 2020.
Update cost \$200
Registration deadline March 20th, 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

