



## Save the Dates

**August 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> 2019**

**Dr Paul Lam is coming to Adelaide in August 2019 as part of his worldwide training schedule.**

**An opportunity not to be missed.**

Dr Paul Lam, a world leader in the field of Tai Chi for health improvement, has been a family physician in Sydney. Dr Lam has been studying Tai Chi for over forty years. He is proficient in different styles and has created several Tai Chi for Health Programs that have improved the health of millions of people worldwide. He is one of the most sought after Tai Chi teachers, having taught thousands of instructors worldwide. Visit [taichiforhealthinstitute.org/about-dr-paul-lam/](http://taichiforhealthinstitute.org/about-dr-paul-lam/) for more information about Dr Lam.

**Lock the dates below into your diary and keep an eye open for more details re cost and registration.**

- ❖ **Friday August 9<sup>th</sup>** Dr Paul Lam will be doing a morning and afternoon workshop at the Fullarton Community Centre. Many thanks to our **Platinum Sponsor for this event, City of Unley**, for support in making this happen.
- ❖ **Sat August 10<sup>th</sup> and Sunday August 11<sup>th</sup>** at the Goodwood Community Centre Dr Paul Lam will be conducting his instructor training workshop in his new Tai Chi for Memory program

For more details contact Brenda Hum, Master Trainer in Dr Paul Lam's Tai Chi for Health Programs on 0413022246 or [bghum@internode.on.net](mailto:bghum@internode.on.net)

This visit to Adelaide is being organised by Leap SA and Brenda Hum. You can also contact Jenny Bennett on 0408654713 or email [teamleapsa@outlook.com](mailto:teamleapsa@outlook.com) for more information