

## Reasons to come

- \*Learn a new program from Dr Lam and his colleagues.
- \*Physical and occupational therapists may find it a useful tool for their patients/clients
- \*It is a useful tool for caregivers
- \*Learn how to gently encourage and empower even the most challenged participants
- \*Deepen your understanding of the Tai Chi principles

## Dr Paul Lam

Dr Paul Lam, a world leader in the field of Tai Chi for health improvement, has been a family physician in Sydney. The Centres for Disease Control and Prevention (CDC), Arthritis Foundations and Councils for the Ageing recommend his programs.

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.

## Who will benefit

Almost anyone can enjoy this unique program. It is simple and is deeply empowering. It can be taught to anyone and will be of great benefit to people who have different levels of memory loss.

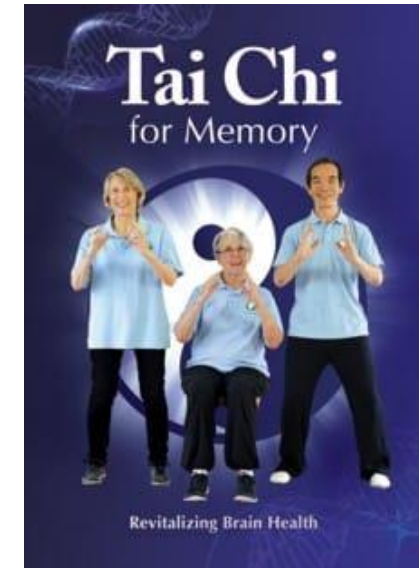
Tai Chi for Memory can improve and help prevent memory loss as well as helping caregivers and family members

Instructors can learn to teach this program to their participants who love practicing Tai Chi.

## Instructor Certificate

An application form and Questionnaire will be sent to you when you register. You will gain much more from studying the resource material before the workshop.

After successful completion of the workshop you will receive an email from the Tai Chi for Health Institute explaining how to complete your certification. There is an annual fee of \$25.00



**Join Dr Lam's Instructor Training workshop for this specially designed program to improve and prevent memory loss.**

**August 10-11, 2019**

**9.00am – 5.00 pm**

**Goodwood Community Centre  
32/34 Rosa Street, Goodwood, South  
Australia**

## What is Tai Chi for Memory?

An empowering program for everyone. Studies have shown Tai Chi improves memory and brain health. Dr Lam's team merged medical research and traditional Chinese medicine to create an easy to learn program. It is especially useful for people with memory loss, Alzheimer's disease or similar conditions.

Caring for people with memory loss is challenging for carers and family. This mind-body program engages everyone for quality time together. It will improve most aspects of health including balance, immunity and relaxation. The form can be practiced and enjoyed by anyone.

### Preparation

Prepare by working through the Tai Chi for Memory DVD, Reading the Teaching Tai Chi Effectively book and completing the assignments.

The DVD and the book can be purchased from [www.taichiproductions.com](http://www.taichiproductions.com)

Or ring the office on (02)95336511 The TCM DVD is also available on Dr Lam's Online Lessons:  
[www.onlinetaichilessons.com](http://www.onlinetaichilessons.com)

## Registration and Enquiries

\*Teacher Training Course fee:  
\$420

\*Early Bird Fee \$400 by 29/06/19

\*General Public: \$190 per day.

A time payment option is available: contact LEAP SA or Brenda for information.

All final Payments due 6/07/2019

Updates \$45.00 per Update

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](mailto:teamleapsa@outlook.com)

BSB: 015 300

Account: 187325306

Enquiries: Brenda Hum:  
[bghum@internode.on.net](mailto:bghum@internode.on.net)

## Registration Tai Chi for Memory Workshop

August 10-11, 2019  
Goodwood. South Australia

Name.....

Organisation.....

Address.....

.....Post Code

Email.....

Phone No.....

Method of payment- please circle  
Full fee payment – Time Payment

Please note a there is a \$50 administration fee on cancellation one month prior to the workshop.  
No refunds afterwards