



### **Tai Chi for Memory Workshop**

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

Registration includes training, certificate, morning and afternoon tea. The Tai Chi for Memory DVD and Dr Lam's Teaching Tai Chi Effectively are required resources for this program.

These can be obtained either 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 also available from the website.

The DVD is also available on Dr Lam's Online lessons [www.onlinetaichilessons.com](http://www.onlinetaichilessons.com)

#### **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.

**Master Trainer** Brenda Hum

#### **Pre 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 Memory 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.

The DVD is also available on Dr Lam's Online lessons [www.onlinetaichilessons.com](http://www.onlinetaichilessons.com)

**When:** Saturday July 23rd and Sunday July 24<sup>th</sup> 2022

Time: 9.00am to 5.00pm

Course fee: \$420

Early bird fee \$400 by Friday July 1<sup>st</sup>

Update day: Saturday 24<sup>th</sup> - cost \$220

Registration deadline: July 15<sup>th</sup> 2022

#### **Venue:**

Cosgrove Hall

Colin Denton Room,

40 – 50 York St

Clovelly Park, SA 5042



## Registration

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

### Workshop: Tai Chi for Memory

Please indicate: Full workshop or Update Day.

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

**Early bird fee \$400 by Friday July 1st**

**Update cost \$220**

**Registration deadline July 15th, 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**