



Tai Chi for Osteoporosis 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 Osteoporosis is a program designed by Dr Paul Lam in conjunction with a team of medical specialists and Tai Chi Specialists. This interesting short form is based on Sun and Yang Styles of Tai Chi. Tai Chi for Osteoporosis is easy to learn, effective and safe. The program is designed to build muscular strength and stamina, improve balance, posture and biomechanics. This program will also improve overall health and wellness. Tai Chi for Osteoporosis workshop certificate, notes, morning and afternoon tea are included in the workshop payment.

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

Before the workshop you are expected to work through Dr Lam's Tai Chi For Osteoporosis DVD and his Teaching Tai Chi Effectively book.

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 DVD is also available on Dr Lam's Online lessons www.onlinetaichilessons.com

When: Saturday June 25th and Sunday June 26th 2022

Time: 9.00am to 5.00pm

Course fee: \$420 Early bird fee \$400 by Friday June 3rd

Update day: Saturday 25th - cost \$220

Registration deadline: June 17th 2022

A \$50 fee may be incurred for late registration

**Marjorie Black Community Room
SACOSS Building
47 King William Rd,
Unley 5061**



Registration: Tai Chi for Osteoporosis

Name.....

Organisation.....

Suburb..... Post Code.....

Phone.....

Email.....

Registration Includes morning tea and afternoon tea, course notes and certificate.

Course fee \$420 with deadline for payment June 17th 2022

Early Bird Fee \$400 - payment due by Friday June 3rd

Other TCHI forms to be updated

\$45.00 for each other form being updates.

Payment

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: Brenda Hum: Phone: 61413022246 Email: bghum@internode.on.net