

Reasons to come

- ◆ Learn how to teach this program to people with diabetes.
- ◆ To study with Dr Paul Lam, the creator of the program.
- ◆ To improve your tai chi.
- ◆ To learn the 19 movement Tai Chi for Diabetes.
- ◆ Learn how to make tai chi accessible for all abilities.
- ◆ Learn how to attract and retain students.
- ◆ Hear about the latest medical evidence on tai chi and diabetes.
- ◆ To learn how to facilitate support from diabetes associations and other organisations.

Dr Paul Lam

Dr Paul Lam, a family physician in Sydney, Australia, is a world leader in the field of tai chi for health improvement. He has led a published study that shows this program improves diabetes control.

Dr Lam has been studying tai chi for nearly forty years. He is proficient in different styles and has created several Tai Chi for Health programs that have improved millions of people's health.

He is one of the most sought after tai chi teachers having trained thousands of instructors. Many travel around the world to attend his workshops.

Dr Lam has written several tai chi books including *Teaching Tai Chi Effectively*, *Tai Chi for Beginners* and *the 24 Forms*. His instructional DVDs are best sellers around the world.

What is Tai Chi for Diabetes?

Tai Chi for Diabetes is a form of tai chi, specially designed by Dr Paul Lam in conjunction with his tai chi associates and a team of medical experts. Based on Sun and Yang style tai chi, Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to improve the management of diabetes.

The program will help to increase flexibility, muscle strength, and increase heart/lung activity, align posture, improve balance, and integrate the mind and body.

What to Wear

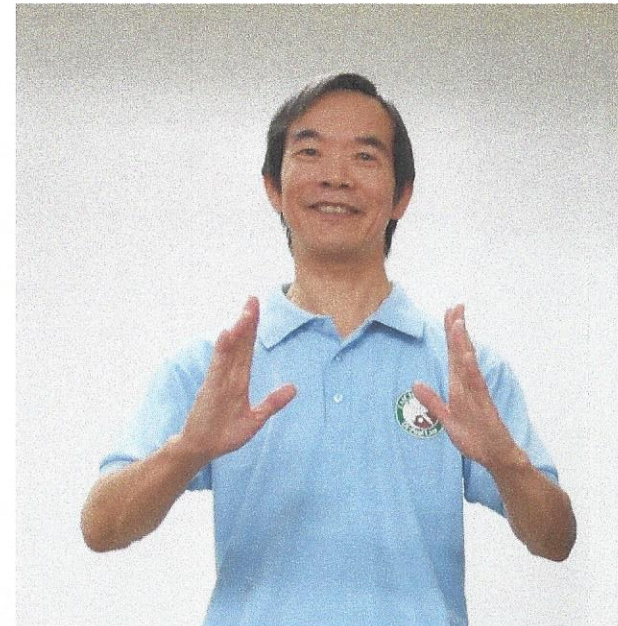
Wear loose comfortable clothes and flat shoes suitable for exercise.

**For more information or
to register online please visit:
www.tchi.org**



TAI CHI FOR DIABETES

Dr Paul Lam



Learn to teach this specially designed program to help people with diabetes, and at the same time improve your own tai chi and health.

June 21 - 22, 2014

Anchorage, Alaska, USA

Supported by Diabetes Australia



What Is Tai Chi?

Tai chi originates from ancient China, nowadays it is practised throughout the world as an effective exercise for health. Tai chi consists of fluid, gentle movements that are relaxed and slow in tempo, breathing is deepened and slowed, aiding visual and mental concentration. It can be practised almost anywhere and is a suitable form of exercise for just about anyone.

How Does It Work for Diabetes?

Tai chi is a gentle and enjoyable exercise that will help improve glucose uptakes and its metabolism, therefore aiding people with diabetes to improve their glucose (blood sugar) control. There are many advantages to practising tai chi, people who learn tai chi tend to continue enjoying it for years.

Many studies have shown that tai chi improves fitness, hypertension, muscular strength, flexibility, balance and reduces cholesterol levels. As a big bonus tai chi also induces relaxation therefore improves the control of diabetes.

According to traditional Chinese medicine, enhancing life energy (Qi) in the appropriate acupuncture meridians (energy channels) will improve diabetes. This program is designed to enhance these meridians

Preparation

Study the Tai Chi for Diabetes DVD as much as possible, and be familiar with the set, so that you can gain the maximum benefit and enjoyment from this workshop.

Registration and Enquiries

Venue: University of Alaska Anchorage
3211 Providence Drive
Anchorage, Alaska 99508
Main Switchboard: (907) 786-1800

Accommodation Information:

Contact: Elizabeth Barnes
University of Alaska Conference Service
Ph: (907) 751-7241
Fax: (907) 751-7377
Website: www.uaa.alaska.edu/ccs

Enquiries:

Glen Ray
Email: grr1@ptialaska.net
Ph: (907) 789-0729
or
Becky Rahe
Email: becky.rahe@tchi.org
Ph: (419) 266-0773

Cost:

Registration before April 22nd - \$320.00
After April 22nd - \$350.00

Cost: TCHC Members

Registration before April 22 - \$288.00
After April 22nd - \$315.00

Cost Includes: TCD DVD & Handbook, morning & afternoon refreshments, Certificate.

Registration Close: May 22nd, 2014

Registrations received after May 22nd are subject to a \$50.00 administrative fee based on availability.

Any cancellations prior to May 22, 2014 are subject to a \$50.00 administrative fee and cost of materials sent. Cancellations received after May 22, 2014 will not receive a refund.

Tai Chi for Diabetes

June 21-22, 2014
Anchorage, AK

Name: _____

Address: _____

Zip: _____ Country: _____

Phone: _____ Cell: _____

Email: _____

Payment options:

1. Online:
www.taichiforhealthinstitute.org/workshops/calendar/

2. Credit card: Visa / MasterCard / Amex (please circle one)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Exp. Date

SIGNATURE

3. Make check payable to:
Dr Paul Lam
Post To:
Becky Rahe, 6150 White Oak Dr, Toledo, HO 43615

For more information:

www.tchi.org

or

service@tchi.org