

Tai Chi for Arthritis Leader Training Program 2010

Arthritis Tasmania will present the following Leader training workshops and updates for Dr Paul Lam's *Tai Chi for Arthritis* program during 2010.

Tai Chi for Arthritis Master Trainer Pat Webber will be conducting the workshops and updates on behalf of Arthritis Tasmania. Pat has trained extensively with Dr Paul Lam, and has taught tai chi interstate and overseas. She also gives frequent talks on the health benefits of tai chi, and is a senior instructor with Better Health Tai Chi Chuan.

Tai Chi for Arthritis (Part 1)

For those who have not previously undertaken any Leader training in Tai Chi for Arthritis. Persons who successfully complete the Tai Chi for Arthritis course will be accredited with Dr Paul Lam's Tai Chi for Health programs to teach the TCA program as a safe and effective form of exercise in the community.

Date: Saturday 17th April AND Sunday 18th April 2010
Time: 9.00 am – 4.30 pm
Location: Launceston
Cost: \$360 inc GST

Cost includes all training materials, morning and afternoon tea, and light lunch.

****Please note that this training is a two day commitment.**

UPDATE - Tai Chi for Arthritis (Part 1)

For those who have previously undertaken Tai Chi for Arthritis Part 1 Leader training and are in need of a two yearly update. (Tai Chi for Arthritis Leaders must renew their certification every two years and this workshop enables them to update their certification)

Date: Saturday 31st July 2010
Time: 9.00 am – 4.30 pm
Location: Launceston
Cost: \$180 inc GST

Cost includes any training materials, morning and afternoon tea, and light lunch.

Tai Chi for Arthritis (Part 2)

For those who have completed Tai Chi for Arthritis Part 1 Leader training and want to learn the last 9 moves.

Date: Sunday, 1st August 2010
Time: 9.00 am – 4.30 pm
Location : Launceston
Cost: \$180 inc GST

Cost includes any training materials, morning and afternoon tea, and light lunch.

Tai Chi for Arthritis (Part 1)

For those who have not previously undertaken any Leader training in Tai Chi for Arthritis. Persons who successfully complete the Tai Chi for Arthritis course will be accredited with Dr Paul Lam's Tai Chi for Health programs to teach the TCA program as a safe and effective form of exercise in the community.

Date: Saturday 18th AND Sunday 19th September 2010
Time: 9.00 am – 4.30 pm on both days
Location: Hobart
Cost: \$360 inc GST

Cost includes all training materials, morning and afternoon tea, and light lunch.

****Please note that this training is a two day commitment.**

Registration of Interest:

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