

Reasons to Come

- Learn how to teach this program to people with Osteoporosis.
- Improve your knowledge of balance and learn how Tai Chi works to improve balance.
- Improve your health and learn how Tai Chi works to improve health.
- To learn and/or improve your Tai Chi.
- Learn Dr. Lam's teaching methods.
- Learn how to teach Tai Chi safely.
- Learn how to set up classes.
- Receive updated evidence for Tai Chi.

Anyone with or without Tai Chi experience can participate in this workshop.

Master Trainer, Sufi Guy Prentice

Guy Prentice is a Master Trainer with Dr. Paul Lam's programs. He has practiced martial arts since 1969, began teaching Tai Chi in 1987 and has been teaching senior adults since 1995. He is director of the Tai Chi Chuan Center in NY, USA.

Janice Webber, PT, is the only Senior Trainer in Canada. She has been training with Dr. Lam since 2005. Janice applies a physiotherapist's knowledge of vestibular training to Tai Chi for Osteoporosis.

What is Tai Chi?

Tai Chi originates from ancient China. Nowadays it is practiced throughout the world to improve health and well-being. Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo; breathing is deepened and slowed, aiding visual and mental concentration. Tai Chi for Osteoporosis can be practiced almost anywhere and is a suitable form of exercise for just about anyone.

How does it work?

There are many ways that Tai Chi helps people with osteoporosis. An excellent study showed Tai Chi slowed down the loss of bone density approximately three fold. When people with osteoporosis fall they are more likely to sustain a fracture. Many studies have shown that Tai Chi reduces falls.

People with osteoporosis often have arthritis and loss of function due to age and weakness. Tai Chi relieves pain from arthritis, improves balance and the ability to do daily activities.

Tai Chi helps people feel more relaxed and improves mental strength so they can cope better with their conditions.

From the Experts

Osteoporosis Australia supports the Tai Chi for Osteoporosis program designed by Dr Paul Lam+
Judy Stenmark, CEO, Osteoporosis Australia.

Tai Chi may help people with osteoporosis to improve their muscular strength, co-ordination and balance.+
Professor Markus Seibel, Endocrinologist, Concord Hospital.

Tai Chi for Osteoporosis

With Falls and Balance Education and Training Workshop

Sufi Guy Prentice, MT and Janice Webber, PT,ST



NSCC Campus, Dartmouth, NS

November 2-3, 2013

Location

**Nova Scotia Community Campus
Waterfront Campus
80 Mawiomi Place
(off Pleasant Street, across from the
Dartmouth General Hospital)
Dartmouth, Nova Scotia**

**Sponsored by the Tai Chi 4 Health School
and the Atlantic Tai Chi Association.**

About the Program

Tai Chi for Osteoporosis is based on available medical evidence and was developed by Dr. Paul Lam and a team of Tai Chi and Medical Experts. It aims to improve balance and to prevent falls. The program will also improve relaxation, fitness and health. Both Yang and Sun style Tai Chi movements are included in the set. Like all other Dr Lam's Tai Chi for Health programs, learning the TCO set will improve health and quality of life. It is suitable for anyone with Osteoporosis or bone loss. It is also a good beginner introductory set to Tai Chi.

All participants will receive a certificate, although only qualified participants who have fulfilled all requirements will be certified to teach this program. In order to teach this program you must hold a current First Aid Certificate/Equivalent.

Suitable participants include:

- Physiotherapists & PT assistants.
- Physicians & Healthcare professionals.
- Tai Chi teachers & advanced students.
- Personal Fitness Consultants.

Registration Enquiries

**Janice Webber, PT, ST-Canada, Tai Chi
Instructor** at (902) 469-3214 or
info@janicewebber.com

Or 902-469-3214
Tai Chi 4 Health School
c/o BBTC
33 Ochterloney Street, #210
Dartmouth, NS, B2Y 4P5

Date and Time

Saturday - Sunday November 2-3, 2013
Registration at 8:30 a.m. on November 2.
Course 9-5 each day.

Cost

\$325 which includes Tai Chi for Osteoporosis DVD, Resource book updated with Balance Training information, Certificate, Morning and Afternoon nutrition breaks.
EARLY BIRD rate - \$275 by Oct 2, 2013

Registration deadline is Oct 18, 2013.
Cancellations before Oct 18, 2013 will incur a \$20 administration fee.
Cancellations after Oct 18, 2013 will incur a \$50 administration fee.

Clothing

Participants should wear loose comfortable clothes and flat shoes suitable for exercise.

Registration

Tai Chi for Osteoporosis, with Falls and Balance Education and Training, Instructors Workshop
November 2-3, 2013

NAME: _____

ADDRESS: _____

POSTCODE: _____

TELEPHONE: _____

EMAIL: _____

Method of Payment

COURSE FEES: \$325 or \$275 early bird

The DVD will be sent to you soon after enrolment.

Make checks payable to:
Janice Webber Physiotherapy Services Ltd.

Mail registration to:

Tai Chi 4 Health School

c/o BBTC

33 Ochterloney Street, Suite 210

Dartmouth, NS B2Y 4P5

**Please note: Registration closes on
October 18, 2013**