
Tai Chi for Health

Instructor Qualification Training

Tucson, February 16-17, 2018



Who should attend?

Health and wellness professionals, caregivers, educators, anyone interested in wellness, everyone who likes to make a difference in their community while doing something good for themselves. No tai chi experience? – 20 hours guided assignment and a passion for helping others will prepare you to succeed.

What is Tai Chi?

A gentle exercise that combines breathing, slow movement, and mental focus.

Proven to reduce falls, increase overall wellness, and quality of life.

What are the benefits?

- Increase strength, balance, resilience
- Reduce stress and increase relaxation
- Prevent falls
- Improve posture, structural alignment
- Enhance memory and cognition
- Have fun in a safe, welcoming space

Cost: \$250/participant. \$38.40 for Training DVD and Book, required for workshop preparation.

When/Where: Feb. 16 & 17 (Friday & Saturday) 8:30 check-in, 9-5 each day.
Harmony Hospice, 1200 N. El Dorado Pl. STE. B-200, Tucson, Arizona

To Register: <https://taichiforhealthinstitute.org/workshops/master-trainers-workshop-calendar/> More details on website



Evidence-based program recommended by CDC, Health Departments, Arthritis Foundation, Administration on Aging
Lead by Heather Chalon, MPH, Master Trainer



Information at www.heatherchalon.com & www.tchi.org