

---

# Tai Chi for Health

## Instructor Qualification Training

Phoenix, March 20-21, 2018

---



### Who should attend?

Health and wellness professionals, care givers, 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:** Instructor Qualification: \$250. Current Instructor, Re-certification: \$150. Just for Fun: \$125. \$38.40 for Training DVDs and Book, required for workshop preparation. More details on website.

**When/Where:** March 20-21, 2018 8:30 check-in, 9-5 each day.  
HonorHealth Deer Valley Medical Center, Medical Offices Building 1, Suite 406  
19841 N. 27<sup>th</sup> Ave, Phoenix, AZ 85085

**To Register:** <https://taichiforhealthinstitute.org/workshops/master-trainers-workshop-calendar/>



Tai Chi for Arthritis for Fall Prevention System:  
Evidence-based program recommended by CDC, Arthritis Foundation,  
Administration on Aging.  
Lead by Heather Chalon, MPH, Master Trainer



Information at [www.heatherchalon.com](http://www.heatherchalon.com) & [www.tchi.org](http://www.tchi.org)