

# Applied Tai Chi Training for Falls Prevention and Healthy Aging Teachers

## Incorporating Chronic Disease Management

This training course includes new applications based on the latest falls research results and over 10 years of actual Falls Prevention classes conducted by the Academy. It also includes information about Tai Chi for Arthritis, Diabetes, Parkinson's and general

The weekend course will provide you with all that you need to teach older people in retirement villages, nursing homes and other senior's settings. We will make sure that you feel comfortable with what you will be teaching. You will be trained in how to teach and how to break down each movement. You will be assessed throughout the course so that we, and you, know that you are able to teach with confidence.

**This weekend Course is a complete course by itself with a teaching certificate. The fee for the course is \$470. It consists of one full weekend of training with notes. Additional DVDs Booklets & CDs available.**

**Affiliated Instructors Program:** An extra for those who wish to teach under the auspices of the Australian Academy of Tai Chi will receive additional training which includes revision and further refinement of teaching skills. An instructor agreement needs to be signed to gain access to this extra training.

The Australian Academy of Tai Chi has taken Tai Chi's benefits to many, through the use of non-expert trainers who are trained in our **cost effective** and **sustainable**, enjoyable programs. The Australian Academy of Tai Chi takes 'Tai Chi for Falls Prevention' seriously, developing special programs with specialised exercises that achieve the results in the minimum amount of time with the maximum amount of benefit.

These are **not just any Tai Chi exercises**. They have been researched and developed over the last thirty five years, through extensive research and trial and error to come up with a system that is effective and easy for anybody to follow.

We have shown that an **Applied Tai Chi** program proves to be sustainable, safe, effective, cost-efficient and an accessible intervention. We have found that the participants experienced an increase in well-being, a more positive outlook, and healthier approach to ageing. The list of benefits expressed by participants makes it obvious this is a truly remarkable medicine. These added benefits also increase the cost efficiency of this training.

**Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> March 2017 - 10.00am until 4.00pm**  
**Holy Spirit Hall**  
**Villiers St**  
**New Farm**

**AUSTRALIAN ACADEMY OF TAI CHI - [WWW.LIVINGCHI.COM.AU](http://WWW.LIVINGCHI.COM.AU)**

1) **EFT** to Westpac New Farm **AUSCHI 034-065 130098** - Put "*your name*" & "*Feb Falls*" as reference. Please send confirmation email to [ozchi@ozemail.com.au](mailto:ozchi@ozemail.com.au). 2) **Phone** (07) 3358 1955 for credit card payment. 3) **Post** cheque or credit card to **AATC-Qld, PO Box 2475 Fortitude Valley 4006** 4) **Pay direct** to your instructor.

Name \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Phone (H) \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

Do you do Tai Chi?   Y  /  N   Who is your instructor? \_\_\_\_\_ how long? \_\_\_\_\_

Please explain where and how you intend to use Tai Chi \_\_\_\_\_

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