

Reference

Dr Paul Lam
Tai Chi for Health

Dr Paul Lam is a rare individual in medicine. He combines not just a practical health background that comes with his medical experience, but he brings a passion and authenticity to his vision of Tai Chi for health. Globally we face a tsunami of chronic disease including arthritis , diabetes and heart disease . This is largely driven by our western lifestyles. If we are to genuinely influence our health destiny then lifestyle strategies need to be centre stage.

I have seen Dr Paul Lam speak and he is a compelling story teller and influencer. His natural warmth and connection with his audiences make him stand out. He encourages participation and his years of teaching makes his involvement with his audience natural and inspiring . I consider Dr Lam to be a world leader in his field of the health benefits of Tai Chi. The positive spin offs for Tai Chi include better strength and balance , less falls (highly important as we age) , better cardiovascular health and improved mood and cognition . Often Tai Chi is done in a group setting further enhancing community relationships.

Dr Lam's experience in leading large groups in Tai Chi around the world has crafted his skills in connection. I highly recommend him as an engaging speaker .

Yours sincerely

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