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Dr Lam is a leader and visionary for the Tai Chi for Health Institute. His aim is to make Tai Chi accessible to everyone to improve the quality of their health and wellbeing. At a time when all nations of the world are facing multiple increasing health challenges and emerging global health threats, I am happy to support him in that vision in delivering high quality instruction in the benefits of modified Tai Chi. He has inspired millions of people of all ages to take their own autonomy and improve their health using modified Tai Chi forms that have been referred to in numerous research publications.

I whole heartedly recommend that Dr Lam share his vision with the wider world community.