



Chungnam National University
Tai Chi for Health Education and Research Center

November 04, 2016

TED talk committee

Dear Committee

I would like to recommend Dr Paul Lam, the director of Tai Chi for health Institute, as a speaker for the theme of “the Future You” in 2017. His talk will focus on “How can Tai Chi help in solving the looming world health crisis and bring lasting empowerment?” I am a nursing professor, and a director of Tai Chi for health education and research center at Chungnam National University, Korea. I have been focusing on Tai Chi related research for 15 years, working closely with Dr Lam for his expertise and everlasting enthusiasm to contribute health promotion through Tai Chi.

Dr Lam is a scientist and a practitioner, who has the vision of how to teach Tai Chi effectively and safely to various populations, including those with physical and mental disabilities. His book on “How to teach Tai Chi effectively” guided many of us to approach vulnerable population with Tai Chi and work with them more easily. He is definitely an example of making himself as a toolkit to master in Tai Chi from health perspective though his own difficulties, and become a leader in this area.

I believe his speech will show how Tai Chi can be an instrument for health professionals to promote optimal health for aged population and those with chronic disease especially when we are facing rapidly deteriorating health crisis. I have watched several video clips at TED talk website, and I strongly believe the talk on Tai Chi by Dr Lam will be a perfect candidate to provide the inspiring and educational topic to the audience.

Thank you for your consideration. If you have any questions, please do not hesitate contacting me at songry@cnu.ac.kr.

Sincerely,

Rhayun Song, RN, PhD

Professor College of Nursing, Chungnam National University

Director, Tai Chi for Health Education and Research Center