

TO: TED Talk Speaker Selection Committee
RE: Memo of Nomination and Recommendation
November 2, 2016

The prevalence of disease and chronic conditions impacts healthcare worldwide in ways unimaginable only a few decades ago. Modern medicine has paradoxically created an inverse relationship between extended life span and tenuous quality of life. Cost, by all definitions, has escalated to global crisis. Preventative initiatives are imperative to stem the trend, and I am convinced this can take root with individual awareness, education and self-advocacy. The concept of individual empowerment is infectious, extending throughout whole communities as people learn to take control of their health and well-being. Those of us who have studied and trained under Dr. Paul Lam are fortunate to witness, and experience personally, empowerment through practice of tai chi for health. He has helped more than 8 million people improve quality of their lives around the world. Dr. Lam's extraordinary ability to inspire and motivate an audience would make for an excellent contribution to TED talks. He has the experience, knowledge and passion to make the idea of tai chi empowerment a stimulating and thought provoking topic in context of "The Future You." Without reservation, I recommend your committee consider extending an invitation to Dr. Lam.

Respectfully,
Ernestine Hall, President
Board of Directors
Tai Chi for Health Community USA
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