



November 8, 2016

To the Ted Talk Review Committee:

I write this letter in full support of Dr. Paul Lam's request to present a TED Talk. Dr. Lam's pioneering work in health promotion and disease prevention and program development and implementation are definitely ideas work spreading.

I direct the federally-funded National Falls Prevention Resource Center at the National Council on Aging in Arlington Virginia. We promote evidence-based falls prevention programs for older adults. Tai Chi is a program that has been proven to significantly reduce falls among people over the age of 65 and has been shown to result in many other health benefits for people with Parkinson's disease, chronic pain, diabetes, among other conditions. His Tai Chi for Health program has been endorsed by the Centers of Disease Control and Prevention as well as the Administration for Community Living/ Administration on Aging, which funds the National Falls Prevention Resource Center.

Dr. Lam is an internationally recognized leader in the promotion of Tai Chi for Health and has long been a passionate and dedicated teacher and educator of Tai Chi. Over the past two years, Dr. Lam has been a tremendous source of support to me and many others in the aging network and health care community who are implementing and scaling Tai Chi in the United States.

His innovative approaches to training instructors has significantly increased dissemination of Tai Chi worldwide, and helped bridge Eastern and Western approaches to health. Dr. Lam is also a respected author of multiple books and an excellent speaker. I am confident that any TED talk he prepares and delivers will be well received by your broad-based audience.

Please let me know if you have any questions about this letter of support. I can be reached at 571-527-3996 or Kathleen.cameron@ncoa.org,

Sincerely,

A handwritten signature in black ink that reads "Kathleen A. Cameron". The signature is written in a cursive, flowing style.

Kathleen A. Cameron, MPH
Senior Director
Center for Healthy Aging