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Dear Ted Talk Review Committee:

I would strongly recommend considering Dr. Lam for a Ted Talk on "How tai chi can help in solving the looming world health crisis and bring lasting empowerment."

Dr. Lam has been a champion in demonstrating all of the many physical and psychological benefits of Tai Chi for people with chronic diseases. Dr. Lam developed Tai Chi for Arthritis for the Arthritis Foundation and I conducted a research study evaluating the program. Participants reported improvements in pain, fatigue and stiffness and many continued their tai chi practice beyond the study. Dr. Lam's program is a wonderful offering for community based activities for people with arthritis.

Dr. Lam is a member of the Osteoarthritis Action Alliance, a coalition which is committed to elevation osteoarthritis as a national health priority and he will share his program with our members during one of our monthly webinars.

Sincerely,

Leigh F. Callahan, PhD
Mary Link Briggs Distinguished Professor of Medicine
Professor of Social Medicine and Orthopaedics
Adjunct Professor, Epidemiology
Director, Community and Outcomes Research
Director, Osteoarthritis Action Alliance