

## What Is Tai Chi for Memory?

An Empowering Program for everyone.

Studies have shown tai chi improves memory and brain health. Dr Lam's team merged medical research and traditional Chinese medicine with tai chi to create an easy to learn program. It is especially useful for people with memory loss, Alzheimer's disease, or similar conditions. It is also designed to prevent these conditions.

Caring for people with memory loss is challenging for carers and family, this mind-body program engages everyone for a quality time together. It will improve most aspects of health including balance, immunity and relaxation, and can be practiced and enjoyed by anyone.

### Preparation

Prepare by working with the Tai Chi for Memory DVD as much as possible. It will enable you to gain the maximum benefits and enjoyment from this workshop.



## Registration and Enquiries

**Venue: Messiah Lutheran Church**  
2691 NE Pine Island Road, Cape Coral,  
Florida 33909

### Enquiries:

Local Contact  
Betty Scanlon - [escan@comcast.net](mailto:escan@comcast.net) (239-738-6058)  
[service@drlamtaichiworkshops.com](mailto:service@drlamtaichiworkshops.com)  
844-823-7526

### Cost:

\$405 before July 6, 2018 / \$425 after July 6,  
2018 TCHC / TCHI MEMBER:  
\$365 before July 6, 2018 / \$385 after July 6,  
2018

## Instructor Certificate

An application form and questionnaire will be sent to you when you register. You will gain much more from the workshop by studying the resource material prior.

Dr Lam's Tai Chi for Memory DVD or Online lessons at [www.onlinetaichilessons.com](http://www.onlinetaichilessons.com) and the Teaching Tai Chi Effectively book or ebook- both are essential requirements for certification for instructor of this program, available from [taichiproductions.com](http://taichiproductions.com) (20% discount for paid participants, discount code to be given at registration.)

**Schedule:** 9 a.m. - 5 p.m. daily

This is the inaugural workshop of this program there is no further discount even if you are attending another workshop at this venue.

## Tai Chi for Memory Instructor Training Course 2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
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Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

### Payment options:

1. Online: [www.taichiforhealthinstitute.org/workshops](http://www.taichiforhealthinstitute.org/workshops)
2. Credit card: Visa / MasterCard / Amex (please circle one)

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Exp. Date

SIGNATURE

3. Make check payable to:  
**Dr Paul Lam Tai Chi Workshops**  
6150 White Oak Drive, Toledo, Ohio, 43615

**For more information**  
[Service@DrLamTaiChiWorkshops.com](mailto:Service@DrLamTaiChiWorkshops.com)  
or 844-823-7526

**To register online**  
[www.tchi.org/workshops](http://www.tchi.org/workshops)

NB: \$50 administration fee on cancellations one month prior to the workshop, no refunds afterwards