



Tai Chi for Arthritis Fall Prevention Workshop

An evidence-based program that is supported by the Center for Disease Control to improve balance, this Sun Style tai chi protocol was created by Dr. Paul Lam, a family physician and Chief Medical Officer, Dr. Patience White of the Arthritis Foundation. It is used in facilities worldwide to promote relaxation, flexibility, strength and prevent falls. The simple “Basic Six Movements,” are fun, effective and safe. Anyone can do it! Come dressed in comfortable clothing and flat soled shoes.

What: Tai Chi for Arthritis Workshop for Fall Prevention Instructor Workshop

When: June 28 - 29, 2014

Where: The Plaza at Moanalua
1280 Moanalua Place
Honolulu, HI 96819

Time: 8:30a - 4p

Cost: \$198 (CEU approved course)

To Register, please contact:

Ileina Ferrier, Master Trainer,
Tai Chi for Health Institute
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A limited number of full scholarships are available to qualified health professionals seeking certification as Tai Chi for Health Institute Instructor. Call the Department of Health at (808)733-9202 for information.