

About Dr. Lam

Dr. Paul Lam, a family physician in Sydney, Australia is a world leader in the field of Tai Chi for health. He lectures at scientific conferences on Tai Chi for Health and produces instructional DVD's as well as books on Tai Chi. He is the creator of the Tai Chi for Diabetes Program.

About Caroline Demoise

Caroline is an author and teacher of Tai Chi living in Chapel Hill, North Carolina. As a Master Trainer with Dr. Paul Lam's teaching team in America, she trains people in Tai Chi for Arthritis, Tai Chi for Diabetes, Sun Style 73 Forms and the Depth of Sun 73. Tai Chi has been part of Caroline's life for twenty five years.

Caroline's books focus on the experience of tai chi, qualities of a good learner and teacher and exploring the inner path to peace and connection with yourself as spirit. You can visit her website at www.innerpathtaichi.com.

What is Tai Chi?

Tai Chi originates from ancient China. It is practiced throughout the world as an effective exercise for health.

Tai Chi consists of very fluid, gentle movements that are relaxed and slow tempo. Breathing is done deep and slow enhancing visual and mental concentration.

How Does It Work for Diabetes?

Regular physical activity can aid people with diabetes by helping them improve their blood glucose levels. As a form of exercise, it will help improve cellular glucose uptake and glucose metabolism.

Mental training in Tai Chi is very effective for relaxation, which is also beneficial for people with diabetes.

There are increasing numbers of scientific studies that explore the many health benefits of Tai Chi. Studies have shown that Tai Chi improves fitness, muscular strength, hypertension, flexibility, balance, relaxation and cholesterol levels.

According to traditional Chinese medicine enhancing life energy (Qi) in appropriate acupuncture meridians (energy channels) will improve diabetes. The program is designed to enhance the functioning of these meridians.

Tai Chi For Diabetes

A Two Day Instructor
Training Workshop

Facilitated by:

Caroline Demoise, MA
(919)-493-7676
taichi5@verizon.net

September 19th – 20th 2009

St. Vincent Women's Hospital
Physician's Surgery Center
8081 Township Line Road
Room 203
Indianapolis, IN 46260

What is Tai Chi for Diabetes?

Tai Chi for Diabetes was created by Dr. Paul Lam in conjunction with a team of medical experts and Tai Chi colleagues. Based on Sun and Yang style moves, Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to improve the management of diabetes. The program will help to increase flexibility, muscle strength, heart and lung activity, align posture, improve balance and integrate mind and body.

Why Learn Tai Chi for Diabetes?

Workshop Objectives:

- Review principles of Tai Chi.
- Discuss how Tai Chi improves health.
- Practice the 19 movement sequence.
- Discuss how Tai Chi can help the medical condition of Diabetes.
- Learn to teach the program safely.

The workshop is especially suitable for:

- Diabetes Educators (RD's RN's MD's)
- Physical Therapists
- Certified Exercise Instructors
- Tai Chi teachers and advanced students
- Other similarly qualified personnel

The Workshop

September 19th -20th , 2009

Venue:

**St. Vincent Women's Hospital
Physician's Surgery Center
8081 Township Line Road,
Room 203
Indianapolis, IN 46260**

Time: 8:30am – 4:30pm

Cost: \$225.00 includes DVD, Dr. Lam's Diabetes Handbook and resource materials.

Registration Contact:

Caroline Demoise
10 Charrington Place
Chapel Hill, NC 27517
Phone: (919) 493-7676

E-mail: taichi5@verizon.net

It is a requirement to practice with Dr. Lam's DVD, Tai Chi for Diabetes, fill out the application for certificate and complete the questionnaire before attending the workshop. DVD and handbook will be sent to you when registration payment is received.

Registration

Name: _____

Address: _____

Zip Code: _____

Telephone: _____

Work Phone: _____

E-Mail: _____

**Send registrations by
August 24th , 2009**

Method of Payment:

Send money order or check made payable to: Caroline Demoise
Credit cards are not accepted.

Participants should wear loose, comfortable clothing and flat shoes suitable for exercise.

Workshop will be from 8:30am to 4:30pm each day. Lunch and snacks on your own. Bring your water bottle. Parking at the site is free.