



Instructor
Senior Trainer Bob Casey
with Dr. Paul Lam

Bob Casey began his tai chi journey in 1997. He has been a certified Tai Chi for Arthritis Fall Prevention instructor since 2008. Bob was promoted to Senior Trainer in 2017 and over the decades has attended multiple workshops with Dr. Lam and other masters in both tai chi and qigong. He especially appreciates Dr. Lam's program's safe, healthful approach and the fact that almost everyone can learn and practice it daily. Bob also offers training in other forms including qigong.

Due to his extensive reading and research in tai chi and qigong, he integrates that information into his lessons.

Registration Information

This class is open only to members and attendees of the First Unitarian Church of Dallas and who have only minimal or no tai chi experience.

Informational Meeting: Dec. 10 - 7 PM via ZOOM (Attend this meeting to see if you are interested in signing up for the class.)

Time and Dates: Each class will run approximately 60 minutes and will start at 7 PM (CST) on the following four (4) Wednesdays: January 7, 14, 21, & 28

Dress: Comfortable, loose fitting clothing and comfortable flat shoes

Instruction: The class will be taught via ZOOM

Registration: To register, go to the link on Realm .

Questions: Call or email Bob

Phone: (740) 398-0489

Email:

bob@journey4healthnow.com.

Website:

<https://journey4healthnow.com>

Tai Chi for Health Fall Prevention *via* ZOOM



A few of Bob's students practicing-- all shapes and sizes.

**The Class Focus
will be on
Balance
Cognitive
Mobility Skills
Stress Reduction**

**Two rules
Be Safe and Have Fun**

History, Background, & Information

Q&A

TCAFP or TCH

Tai Chi for Arthritis Fall Prevention or simply referred to as Tai Chi for Health was created by Australian medical doctor Paul Lam and key tai chi masters. It is endorsed by the National Arthritis Association and the CDC.

More about this International Program

Dr. Lam developed this program from a tai chi style that emphasizes higher stances which puts less stress on the knees and joints. Though it was originally developed for individuals who suffered from arthritis, it is a wonderful program for any individual whether seventeen or ninety. As one constantly shifts weight with a straight spine from one leg to the other, balance, strength, and posture improve. As arms, hands, and feet move, all the joints are lubricated and exercised, helping ease the effects of arthritis, stiffness, and general aging ailments. Flexibility is improved along with oxygen flow. Many find that the slow, gentle outward movements reduce stress. Students challenge their minds as they learn the moves. Tai chi is a perfect exercise for the total body.

The Medical Community

Western medicine now recognizes tai chi's health benefits, which are supported by medical research. One of the most prestigious positive reports was published by Harvard University Medical School. Another example is the New Zealand National Healthcare Program which covers the individual's cost for tai chi classes. Their research indicates that participation in this program has substantially reduced

their healthcare costs by millions of dollars, primarily in fall reduction.

Go to the link below for specific medical data and information:

<http://www.taichiforhealthinstitute.org/articles/>

Class, Size, and Attendance

Class will be limited to 15 participants. There will be an introductory-informational class held via ZOOM on Wednesday, Dec. 10 at 7 PM (CST). Students are strongly encouraged to attend each session. Of course, we realize we all have busy schedules and understand that there may be one class where you cannot attend.

Class Requirements

- 1) Participants should be minimally capable of walking one block at a slow pace. If there are any doubts whether medically fit to attend class, individuals should consult their doctor.
- 2) Access to a ZOOM link and a screen large enough to visually follow instructions.
- 3) A safe, an unobstructed area where you can take 7 steps in one direction.
- 4) For safety and instructional purposes, I will need to be able to see your body from head to feet as you do your practice.
- 5) Have a stable (no rollers or wheels) chair near you to sit and rest if necessary. It will also be a tool used during some of the instruction and should be easily moveable. (Example: dining room chair)

I have not exercised for a while. Can I participate?

Yes, tai chi is an excellent way to begin to get back into shape.

I already know an advance form of tai chi, should I sign up?

Tai Chi for Arthritis/Health Fall Prevention is a simplified version derived from the Sun 73 Form. If you already know advance moves in a form, this program is probably NOT for you.

I am in excellent health. Is tai chi for me?

Tai chi is a gentle form of exercise that will continue to foster good health.

I am nonathletic and shy. Should I participate?

Using Dr. Lam's three-step learning method, students progress at their pace. You will have no problems nor will you be embarrassed. You will be encouraged to progress at your own pace.