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**The Business of Tai Chi...
 Tax Preparedness 101**

By Judy Nagle

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As you begin, or continue, your business of teaching tai chi, taxes are an important item to consider. The beginning of a new year, as well as the upcoming IRS deadlines for tax return filings for 2012, makes this a perfect time to think about taxes. Actually, I think about taxes every day. I do that so that my clients don't have to worry about them. Taxes are something most people don't want to think about. If you fall into that category, let me give you some advice about how to simplify and improve the tax return process.



What most people find frustrating about income taxes is finding the information that is required to complete a tax return. On April 11th when they struggle to pull together enough information to prepare a tax return, they will most likely miss out on a number of deductions because they have no system for collecting information. Many expenses are valid but no documentation has been retained. Little thought is given to the fact that,

one day, the IRS may audit this return. One of the most critical factors in sustaining deductions, upon examination by the IRS, is adequate documentation. The IRS has three years from the date a return is filed, including extensions of time, to notify a taxpayer of an audit. (That's how long to keep your records!) If the IRS is auditing a return, a number hastily jotted on a piece of paper with no back-up documentation, is not going to pass the test.

In its simplest form, a tax information "system" consists of 12 expense envelopes: one for each month, of whatever size is required for business activities. That is the place to put cash receipts, credit card receipts, travel logs (if travel is part of your expenses), etc.: all for business expenses with the business purpose noted on each. The down side: periodically, a summary of what's in each envelop will have to be prepared.

Business of Tai Chi– Tax Preparedness 101-*concluded*

The up side: at least the information is complete. Items that are paid by check should be noted in the checkbook as tax deductible, by highlighting or other marking. Invoices or receipts paid by check, with business purpose noted, can go in the monthly envelopes. An annual summary of the checkbook will suffice. That takes care of expenses.

Income is fairly easy to document. Usually it is in the form of a check, which is deposited, and leaves a trail. Most people have a good system for making sure that they collect all the income that they are entitled to receive. The IRS is very good at finding all of your income, and often requests bank statements in order to do so. It is a very good idea to make a notation on your bank statements if any of the deposits to your account are from sources other than income; i.e., gifts, transfers from another account, scholarships, some insurance proceeds, any other nontaxable items. More sophisticated systems are available for tracking tax information. Two of my favorites are Quicken®, which is easy to use and fairly inexpensive (under \$50) and Quickbooks® (\$100 and up) which is much more detailed and is for a more “computer savvy” user. Both of these programs have direct interfaces with TurboTax® software, and are owned by Intuit®, a respected accounting and tax software developer.

Judy Nagle is a Certified Public Accountant with a tax practice in Connecticut. In future editions, she will address business tax issues that are of general interest to our members. Please forward your inquiries to the Business of Tai Chi Editor, Christine Killeen at cpk12@comcast.net

Web Page Masters

Our featured instructor web page is from John Melito of Kansas City, Missouri.

John holds a Lifetime Teaching Certificate for Missouri in the fields of Physical Education/Health Sciences and Psychology.

He has been a business owner and group facilitator on challenge courses (William Jewell College) and participated with North Carolina’s Outward Bound organization, in a canoe “wilderness” excursion, through the Florida Everglades.

Recently a caregiver for his mother (95) he became even more interested in finding ways to improve the health of senior citizens (including himself).

John Credits the relaxation and stress relief which he obtains from doing tai chi for helping him to

lose weight. Also, in coordination with his doctor, he has worked to eliminate the cholesterol and heart medications which he had been taking for the last ten years.

A North Kansas resident for over 25 years, as well as teaching secondary educational levels, John teaches Tai Chi Arthritis, I & II, Tai Chi for Diabetes, Tai Chi for Energy, and is a NorthCare Hospice Volunteer. Check out John’s handy work at :

<http://tcofkc.wix.com/john#!>

**John Melito,
TCHC member,
with
Dr. Paul Lam
at
book signing in
St. Mary’s ,GA.**



A Word from Dr. Bob **Top Ten Benefits from TCHC Membership**

Dr. Bob McBrien, President of TCHC

For this issue I answer the question, "What are the benefits of membership?" Good question. Here are my top ten reasons. They are the result of email exchanges with board member Maureen Miller and my own pondering on this question.

Note that I have identified five reasons that are "external" and five are "internal." Readers will recognize that external benefits are identified with our material world and the internal benefits are from our personal world. First the external benefits:



1. Access the required liability insurance for TCH instructors
2. Receive discounts for the June (and other) workshops as well as Tai Chi Productions products,
3. Enjoy our newsletter, it complements the TCHI newsletter and speaks to our concerns for teaching TCH in the US.
4. Our upgraded website with the member's directory and the calendar for posting our TCH events.
5. Our June workshop scholarship program (more than 40 members have benefitted from this Board program).

2. Having Influence: The TCHC organization gives members a sense of participation in planning our community's future. Serving on a committee, submitting an article to the newsletter and communicating with board members via email can influence our progress as a community.
3. Shared values: Our involvement with tai chi for health activities produces an awareness that by joining "kindred spirits" we experience a healthy sense of personal growth, especially when we with our community's gatherings, especially the June Workshop.
4. Shared emotional connection. Members who participate in a June workshop are very aware of the positive feelings and memories the experiences generate. Perhaps this bonding experience is why I think of the week in June attending Dr. Lam's workshop as, "Tai Chi Summer Camp."
5. Developing depth in tai chi. TCHC provides opportunities to continue learning Tai Chi for Health programs as we develop depth in our practice of tai chi. The June workshop, Dr. Lam's depth workshops and an increasing number of MT developed workshops are opportunities to sharpen our skills, learn new forms and enjoy the nurturing climate we find in all TCHC and TCHI programs.

As you read over the list perhaps you have additional benefits that your have received. Please share them with me. Contact me at drbob-taichi@juno.com

Next the internal benefits.

1. Membership allow us to experience the "spirit" of being in a community. That spirit springs from the "spark" of friendship.

Dr. Bob
Be well



Conquering the Battle Within-

DIARY OF A WOUNDED WARRIOR – PART II

John Hinson III

In the last newsletter, I introduced myself, gave you a history of my martial arts background and how I came to practice Tai Chi for Health. At the time that the article came out, I had just completed the Exploring the Depths of Tai Chi for Arthritis workshop where I met Dr. Lam in person and had the privilege of having dinner with him and some of the Senior/ Master Trainers and fellow tai chi students from the program. I had the time of my life at that dinner talking about Tai Chi and just having good conversations.



L to R: Richard Link, Ileina Ferrier, Jocelyn Simpson, John Hinson, III, Dr. Paul Lam, Sheila Rae, and Debra Santoro-Antunovitch at Exploring the Depth of Tai Chi workshop, Atlanta ,GA October 2012

The following Monday, October 16, 2012 I had a successful BHR surgery (Birmingham Hip Resurfacing) and now 12 weeks later, Tai Chi has helped me and my progression.

Surgery went well and immediately I had to begin Physical Therapy. I was given a walker to get around with. I quickly began trying to utilize seated Tai Chi during the times when I was home and not able to be mobile.

I had my 12th week appointment and was cleared to go back to Tai Chi class. I began to slowly practice Sun 73, and was welcomed back to class and it felt really great to be back. My instructor and fellow students would ensure that I be safe in my return as they would bring me chairs to hold on to whenever my balance was

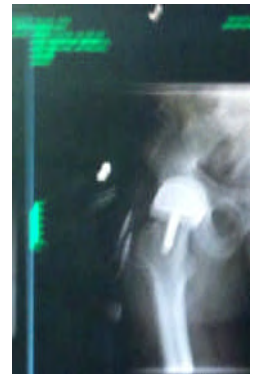
off and they would constantly ask me if I was ok. My fellow students would even go at an even slower pace in class just so I wouldn't feel left out. The level of care and concern I have experienced since being back has been so awesome. The Senior Trainer Jocelyn Simpson always make sure that she keeps an eye on me as she knows that my inner warrior always want to be doing more than I should at this stage.

I am excited about how I am gaining strength and balance. I still attend PT twice a week and my Physical Therapist said that she can see how Tai Chi practice is really helping me make great leaps in my recovery. I have shared with her the weight shifting and follow step and warm up exercise movements that we utilize in Tai Chi class and she shows me from a medical point of view why that particular movements help me in my recovery. I find that it's very rewarding when I can truly have that validation that what we are doing with the Tai Chi for Health programs are very professionally and medically crafted an superior to many of the other forms of rehab.

I am slowly reaching new milestones and this recovery has forced me to embrace many of the principles of Tai Chi and not just focus on the physical aspects. It's really been a blessing in disguise. I look forward to the new adventures that waits at each new stage in this journey of recovery as this Wounded Warrior is slowly healing and growing in the process.

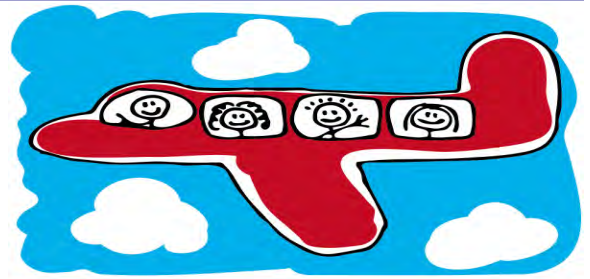
John's new motto for himself— from *The Six Million Dollar Man*: *"Gentlemen, we can rebuild him, we have the technology. We have the capability to make him better than he was before. Better. Stronger. Faster."*

John's new "bionics" →



Travel Planning for Week Long Conference

Virginia Dowling, Ernie Hall, Cathi Knauf



Are you planning on flying in for the Week Long Tai Chi Conference in New London, CT? Not sure how to make that last leg to the College? Maybe you have made your travel plans and would be willing to share what you found or actually be willing to join up with others coming into the same airport. Or maybe you are driving and could stop at the airport and pick up people on your way in?

We are attempting to set up information contacts for each airport, Providence, RI (PVD), New Haven, and Hartford (Bradley). The contact person would:

1. Share information about options for transportation from the airport to the college.
2. Put people in contact with others arriving at the airport about the same time so they can share a limo or even a rental car.
3. Possibly be able to coordinate those flying in with people from the area that would be willing to swoop in and pick up those who are arriving about the time they are driving near.

We have a contact person for the Providence, RI airport (PVD). So far, most are flying in there. It is about an hour from New London and according to those in the know, it is a fairly easy drive with minimal traffic – at least for the northeast. When you write the contact for the airport, be sure to include the date and time you are arriving.

The contacts for Providence are Cathi Krauf (cathi@communitytaichi.com) for those coming in Thursday, June 6 or Friday, June 7 for the weekend trainings. Ernie Hall (ErnieHallTrainer@aol.com) for those coming Sunday for the weeklong workshop. You can contact them if: 1. You have reservation to fly into PVD and need to know what the options are – 3. You will be driving near PVD and be willing to swoop in and pick someone up. Cathi and Ernie will pass on information, give you phone and contact information, and help you contact others with similar travel plans but **THEY WILL NOT MAKE RESERVATIONS FOR YOU!!**

So far we have not found contacts for those flying into other airports – Hartford, CT (Bradley), Boston (Logan), or any of the New York Airports. If you are flying into any of these, you can contact Virginia Dowling (ginnydowling@mchsi.com) and she will try to help you contact others who are flying into that airport. If you are willing to be the contact person, please let her know.



Transplant Patient Brings Tai Chi to Peers

By Aisling Maki -Used by permission from Memphis Daily News

Twice a week on the campus of Methodist University Hospital in Midtown, [Richard Link](#) leads a group of pre- and post-transplant patients in tai chi, an ancient Chinese martial arts form that's evolved into a gentle exercise connecting mind and body.

Recent years have seen people with many health issues, including arthritis and diabetes, turn to tai chi, which uses slow, deliberate movements such as "waving hands in the clouds" and "stroking the bird's tail."

When Link became involved in the form several years ago, he said he "realized tai chi was just an absolutely perfect exercise for transplant patients. It's slow. It's an internal martial art, so you're really working on stretching, breathing, balance and all those things people just really have a challenge with. It's both physical and mental, and just a nice, gentle way for transplant patients to get back their strength and recover." While post-transplant patients come to work on regaining their strength and stamina, pre-transplant patients come to build theirs up in preparation for the difficult journey that lies ahead.

"There's a big emotional thing that goes on when you're very active and then you're facing a transplant," said Link, 65, a retired senior master sergeant in the U.S. Air Force who also teaches martial arts at a school and a church in Cordova, as well as a Downtown class on the riverfront.

"A bunch of things go on in your mind. You're stressed out, depressed and fatigued. You get run down, you're on a lot of medication and you get worn out, knowing that still have to face this traumatic experience of the operation."

Link knows the challenges first-hand. After having both of his native kidneys removed in 1981,

Link received a transplant from his brother, which lasted 19 years. In the late 1990s, his condition began to deteriorate, and he received another kidney transplant in 2000. After the second transplant, Link said he was exhausted and overweight, and walking down to the mailbox and back was pretty much the day's work.

Link became involved in the more aggressive, more rigorous martial arts form of taekwondo as a father-son activity, eventually earning his second-degree black belt while also taking tai chi classes.

Link is now certified to teach tai chi for beginners, tai chi for arthritis and tai chi for diabetes through Dr. Paul Lam of Tai Chi for Health, which has thousands of certified instructors throughout the world.

Although there's no specific form for transplant patients, Link said he works with them using tai chi for diabetes because the form uses larger muscle groups and helps burn glucose and keep levels down.

"Considering a lot of people who have kidney transplants have diabetes, it seemed like the better form," he said.

[Melissa Moore](#), registered nurse and a certified clinical transplant coordinator at Methodist University Hospital, stresses the importance of exercise for recipients.

For them to regain their strength as soon as possible after surgery, as far as the healing process goes, that's very important," she said. "Whether it's tai chi or something else, exercise after surgery would be good for the patient. Everybody's different and everybody has a different type of operation, whether it's a kidney transplant or a liver transplant.

Continued on page 7

Transplant Patient Brings Tai Chi to Peers

concluded

As far as what they can do after surgery, it really depends on the level that the patient was at prior to surgery. A more gentle type of exercise may be required for some patients until they build up their strength."

After receiving his certifications, Link said his next challenge was trying to convince the staff at Methodist University Hospital Transplant Institute to let him teach tai chi to their patients.

The transplant people are extremely protective of their patients, and they should be," Link said. "And a lot of people don't know about tai chi or understand it."

Link connected with transplant social worker [Sarah Owens](#), who was instrumental in getting Link's tai chi program off the ground in August 2010.

"Sarah was extremely helpful in getting this thing going, talking to the staff about it and helping me promote it," he said.

Link has since been invited to speak at several of Methodist's meetings for pre-transplant patients. "The Methodist people have just been phenomenal; they're very good about it," he said. "And some people have come over because of the recommendation of their doctors."

Link has about seven regulars in his free class, all pre- and post-transplant patients, usually accompanied by a family member.

[Bill Palmer](#) began attending the classes prior to his liver transplant in December.

"Tai chi really increased my strength," Palmer said. "I was up and walking with a walker and a little assistance two days after surgery, and I was still in ICU."

Another patient comes with her father, a leukemia patient, who's also found value in practicing tai chi's slow movements.

Link hopes to expand the program to help more patients in other locations.

"A lot of the folks who come to the meeting say they'd love to do this, but they live a long ways away – in Jackson, Oxford (Miss.), some from Little Rock," he said. "So I think my little dream is that some other instructors and hospitals would see that this has benefit and get involved, maybe starting programs in all the different hospitals that do transplants."

Patients interested in participating in the free classes, which meet Monday and Thursday from 7 p.m. to 9 p.m. can contact Richard Link at 581-8456 or visit the group's Facebook page, "Memphis Tai Chi for Transplant Patients."

Our Tai Chi Community

We will be running a new column called "Tai Chi Community" which will highlight local tai chi communities or events.

If interested, please submit a photo and a brief paragraph telling us about your community or event or suggest someone who you think is worthy of mention. We look forward to hearing about your tai chi community!

Linda Ebling
cranetigertaichi@yahoo.com

Senior Trainer 101

Are you interested in bringing Dr Paul Lam to your community? Every year Dr Lam does multiple workshops in the US. For the many inquires our office receives from those that would like to host Dr Lam, we asked ST Sandra Pruzansky, who has hosted several workshops for Dr Lam, to create some guidelines and considerations to help you in thinking about bringing Dr Lam to your area.

Notes on the planning process for hosting a workshop for Dr. Lam

Sandra Pruzansky

I hosted a Depth of Tai Chi for Arthritis workshop for Dr. Lam in NJ in October 2012. I would like to share the planning process so others might benefit from my experience.

I thought of this undertaking as a project and my job was project management. Below, I outline the process in chronological order.

Set the completion date - the date the workshop is to be held. This is set at least a year before the actual event.

Your most valuable resource is Carmen, manager of the Tai Chi Productions USA office. At the end of the year prior to your fall workshop Carmen will send you an email outlining your responsibilities and what the office will provide. Read this carefully; it is very helpful.

Put your team together. You don't want to do this by yourself.

Estimate a budget, an important part of any project. Prior to making any commitments to a venue have a clear idea of what you can spend. The office can provide you with guidelines here.

Contact possible partner organizations. In my case I asked our local Arthritis Foundation if

they would partner with us for Depth of TCA workshop. They agreed and we agreed with their request that their name be put on any marketing material and that they be allowed to set up a table at the event.

Secure a venue with a minimum of 2,000 sq ft. When looking for prospective venues keep your budget estimate in mind. Ideally aim for a free venue. Talk to your students and colleagues they may have contacts. Partnering with an organization may help. In our case we were able to secure a large space in a medical center for no charge because one of our TCA instructors teaches at the venue and the workshop was co-sponsored with the Arthritis Foundation. Some considerations: location easy to get to by public transportation moderate price lodging nearby for out of town attendees, etc. Does the venue require that they supply the food and beverage for tea

breaks? This can be very expensive so see if it is within your budget guidelines. Does the venue require any additional insurance? Know your complete costs.

Have it in writing. Obtain a contract and send it to Carmen for review; the US office will take responsibility to sign and secure the contract. Make sure you include audio visual requirements, such as a good sound system.

Once a venue is confirmed, Carmen will list it on



**Sandra Pruzansky,
Senior Trainer, New Providence, NJ**

Hosting Dr. Lam—concluded

the website and make your brochure.

Create a marketing plan and set a goal for the minimum number of attendees that you would like. We sent email notices of the workshop to all Arthritis Foundation certified instructors in NJ. Also, we obtained from Dr. Lam's website the email addresses of all certified instructors in the northeast, about 8 states, and sent them an email notice of the workshop.

Monitor the registrations.

All registrations are done through the office and Carmen provides the host with a link to the registrants as they come in. We monitored that and sent emails to folks who had expressed interest but hadn't yet registered. Toward the registration deadline date we sent reminder notices to folks who had not yet registered.

One of the perks to attending a DEPTH OF TCA workshop is the opportunity to update multiple Tai Chi for Health instructor certifications. Include that in your marketing material when hosting a Depth workshop. As the host, you will be involved with sending out update materials and keep up with the update requirements; Carmen will help you with that process.

What I listed above is the planning prior to the week of the event. Your tasks the week of the event and at the workshop itself is another document to follow.

If you would like to submit an article about how to be an effective Senior Trainer, please contact Linda Ebling at: cranetigertaichi@yahoo.com

Scholarship Announcements by Virginia Dowling

2013 TCHC Scholarship Recipients

The recipients for the TCHC scholarships for the June 2013 Workshop were chosen in December 2012.

We did not receive as many applications as last year, but it was still a difficult choice

Those receiving scholarships this year are:

Heather Chalon	Marsha Carr
Dixie Kindred	Leslie Mundy
Jeanette Ruhl	Sharon Stonerock.

We look forward to recognizing them in person at the workshop in June. Thanks to all who applied and congratulations to the recipients.



Virginia Dowling
Senior Trainer,
Iowa
TCHC
Scholarship Chair

Week Long Tai Chi Conference

New London, Connecticut

June 10-15, 2013

The pre-conference two day workshop-

Tai Chi for Beginners

June 9-10, 2013

Teaching Tai Chi in a Digital World

by Marianne Walch



The first two parts of this series covered some of the basics of creating a website. In Parts Three and Four, I'll talk about using online tools to help build and maintain a tai chi community to attract, retain and connect students. This third article will focus on maintaining email contact

lists and using email marketing tools to connect and communicate with your students, as well as to drive traffic to your website your classes and workshops.

It's About Connection...

If you're like most of us, you decided to teach Tai Chi for Health because you love the practice and want to share it with others. And probably one of the major reasons that you first fell in love with tai chi and stuck with it is our wonderful tai chi community and the camaraderie, friendships, positive energy and support that come from being a part of that. Dr. Lam has done an amazing job of fostering a worldwide Tai Chi for Health community through his workshops, books, DVDs, YouTube videos, newsletters, and emails. He lets each of us know that he cares about and supports our individual journeys, and we feel connected not only with him personally, but with every other person who practices or teaches his Tai Chi for Health programs.

We can't all be Dr. Lam, but it's important that as teachers we work to foster our own local Tai Chi for Health communities, however big or small. Most people who attend your Tai Chi for Health classes will begin to feel the benefits fairly quickly. But what will keep your students coming back for weeks, months or years, is a continuing sense of connection with you and their classmates, as well as the knowledge that you respect and value the presence of each of them in your classes.

Contact Lists:

The simplest and most basic tool for maintaining connection with your students (and for publicizing classes and programs) is email. Email can be a very powerful communication tool if used correctly. You can reach many people instantly and at low cost. It's easier and more effective than sending flyers through regular mail. Email addresses can easily be collected on class registration or waiver forms.

If the list of email addresses you have gathered is small, you may find it manageable to set those contacts up as a group in your regular email program and then send out news and class announcements as you would any other email. If you decide to handle your contact list this way, email etiquette demands that you enter the recipients' email addresses only in the "blind carbon copy" or "**BCC:**" field of your message. This will help keep your recipients' email addresses private and also keep the "TO" field short and clean. You will need to enter at least one valid email address in the "TO" field, and this can be your own address, perhaps with a custom text description like the following:

TO: "My Tai Chi Friends"
<mwalch@verizon.net>

Once your email contact list begins to grow, however, keeping it clean and up-to-date will quickly become challenging and cumbersome. People frequently change their email address, or they may wish to be removed from your list. Or perhaps you wish to segment your lists into special interest groups. More and more of your emails will be returned as "undeliverable." Quite a hassle. Fortunately, there's a better way!

Email Newsletters and Marketing:

Online email marketing tools now let you send attractive, professional-looking email communications to stay in touch with current, past and prospective students and to build community.

Teaching Tai Chi in a Digital World –concluded

You no doubt receive such emails every day from businesses and organizations – including the Tai Chi for Health Community! These emails are relatively easy to create and send using an online email marketing provider. Many providers offer this service, and a few offer it either free or for pennies on the email, making it an affordable option. And best of all, these providers automatically maintain and update your email address lists for you. Subscribe and unsubscribe links are included in each email, and bad addresses are culled from the list.

Most of the email marketing providers offer:

- a variety of easy to use design templates
- mailing list management tools and ability to set up sub-lists
- a mailing list sign-up function for your website
- tracking and analytic information

Some popular providers include Constant Contact, iContact, GoDaddy, GetResponse, and ActiveCampaign. A Google search will reveal many others. But two that I highly recommend for tai chi teachers are MailChimp and Vertical Response. These are two of the few that offer free or pay-as-you go options that work well with smaller contact lists; most other providers charge a monthly service fee.

Some Tips:

Like all other communications, email newsletters are effective only if they are received, read and useful or interesting. Here are a few tips...

- Keep your text short, clear and easy to scan – Most people won't read the full text of your email. They will scan it for key points that they may be interested in. Use small paragraphs or bullets, and use links to direct readers to your website for more information.
- Make it personal and interesting – Use your newsletter or other messages to build a connection to you as a caring and respectful teacher and mentor, rather than

simply as an advertisement for your classes.

- Minimize use of images, and keep them small -- An email is different from a printed flyer or newsletter. Many (if not most) of your recipients will not see the images included in your email, which means that every image you include can be wasted space. Never send an email that is simply one big image!
- Always include a text version -- Email marketing providers always give the option of including a text-only version of your email. Do it! A number of people choose to view email as text only, and, increasingly, people are reading only text-based email on mobile phones.
- Make it easy to subscribe and unsubscribe -- Sending unwanted emails (spamming) is annoying (and illegal). Allowing people to opt in or out is best practice and helps ensure that the recipients of your emails are really interested and reading them. Most of the online email marketing tools do this for you automatically.

If you've never used an email marketing tool before, I encourage you to go to MailChimp.com and set up a free account. Then play with it – it's free! MailChimp has lots of helpful guides and tutorials to help you figure it out. You might find that it's easier than you think.

And keep in mind that the goal is connection. Master Trainer Russ smiley wrote that "Teaching is building bridges and sharing with people." This is just one tool in the box. Use it in a way that fits your personality and style, and communicate from your heart. That's much more important than perfectly aligned paragraphs and fancy fonts.

Marianne Walch, Ph.D.
Email: mwalch@verizon.net



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Workshops This Quarter

Tai Chi for Arthritis-March 16th & 17th
Master Trainer Ralph Dehner-Mishawaka, IN
Contact: AlwaysMoving_TaiChi@comcast.net

Sun 97 –April 6th-7th-
Master Trainer Ralph Dehner-Fairfield, Ohio
Contact: Mghtyvine@juno.com

Review of Sun 73-April 20th-21st
Master Trainer Jef Morris-Maumee, Ohio
Contact: taichibl@sbcbglobal.net

Medical QiGong-April 20th-21st
Master Trainer Dan Jones, III, Dowagiac, MI.
Contact: rollergg@earthlink.net

Chen 36, part I-May 4th-5th-
Master Trainer Dan Jones III, Torrington, CT.
Contact: marty@oaktreetaichi.com

Connecting with Nature via Animal Frolics
May 11th
Master Trainer Dan Jones III, Lansing, MI.
Contact: innergongfu@yahoo.com

To see more workshops please visit the TCHC website.



TCHC is dedicated to improving people's quality of life through Tai Chi for Health programs.