



# Tai Chi for Health Community

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## The Business of Tai Chi...If You Can Plan a Party, You Can Write a Business Plan.

By Kate Rueschhoff

So you received your certification to teach Dr. Lam's program. Congratulations on your success. Now what? You have a vision in your head of what you want to do with your certification. You want to teach, to share your knowledge and skill with others. This is your vision. How will you go about making your vision come to life? One very excellent way is to write a business plan. The business plan takes the writers vision and turns the vision into action steps. The plan is a written expression of the goals, actions, and structures. If you can plan a party, you can write a business plan.



a road map of the steps you need to take to arrive at your destination. Assuring success as a new instructor requires the clarification of one's vision. Let's call it a Vision Statement. Think of it as a concise statement about your vision to teach tai chi to others. It might include something about your target market, i.e., the people you want to reach. A simple example of your vision statement might be something like this, "To provide excellent instruction of TCA to individuals with arthritis and to decrease their likelihood of falls." *A written plan enables you to make better business decisions.*

A written business plan has the following goals:

- To turn your idea into actual business practice.
- To identify what makes your business unique from that of other instructors in your area and to provide a strategy for your success.
- To develop a plan for the operation of your business.

Suppose you want to throw a 50<sup>th</sup> anniversary for your parents. You visualize the party that you want your parents to have and enjoy. What will that require? The first thing you need to is rent a hall, but which hall? It requires some research, to find a hall that meets the needs of your guests. Finding the right caterer may require some research as well. Do you want live music? Another bit of research to find a band that is available and offers the music best suited to the occasion. Pretty soon it becomes important that the details get written down to guide you and ensure your venture is a success.

You have a vision of where and how you want to teach tai chi. The next step is to define your participants, your target market .Who do you want to reach?

Writing a business plan is very similar to planning your party. A business plan is like

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## If You Can Plan a Party, You Can Write a Business Plan. –continued from page 1

Identify them as best you can using demographics – is there a specific age range, where are these participants located, are they mobile, and any other information that describes the people you want to reach.

Include doing a little research regarding the demand for tai chi in the specific community – this is a very good time to offer tai chi instruction because organizations, healthcare programs, physical therapy, rehab facilities, residential living communities, senior centers, and churches all want to offer tai chi.

Research who is meeting those needs now, what they teach, where and when, how much do they charge?

Then decide how you differentiate yourself. What makes you different? What are your strengths? Are you able to take your class to the people or do you want the people to come to you?

Marketing is an important part of your plan. Identify by name the organizations or venues you want to reach. How will you reach them? Will you prepare flyers? Will you mail out letters?

Will you arrange to sit down face to face with individuals in charge of those venues? Do you need business cards? How much do you think is reasonable to charge?

The business plan includes four sections:

About your business – describe your business, the service you offer, it's location, and what makes your business unique

The marketing plan – about your market and how you will reach them: describe your customer demographics and discussion of the benefits your service. Who are the other players in the business of tai chi and what are their strengths and weaknesses?

The financial management plan – projections of income and expenses

The management plan – about you and your credentials

Keep it simple. You may reach Kate Rueschhoff at [krue.1@att.net](mailto:krue.1@att.net).

Kate Rueschhoff  
MBA and Tai Chi Player

## Bio-KATE RUESCHHOFF

Ms. Rueschhoff has a B.A. in Sociology, with a minor in Psychology at Indiana University at South Bend, Indiana and a MBA from Maryville University in St. Louis, Missouri.

Her education includes the universities of: Notre Dame, Indiana University, and the Graduate School of Business at Washington University; client focused non-profit private and public

Having Arthritis herself, Kate's primary teaching focus is Tai Chi for Arthritis and exercise through the Arthritis Foundation (AF). She has been teaching as a volunteer since 2011. She is also certified for TCE, TCD. In addition to Dr. Lam's programs, Kate studies Chen style Tai Chi under Violet Li in St. Louis.



**Kate  
Rueschhoff and her  
bud, Walker  
(a Labradoodle)**

# What analogies do you use to help define body positions in certain movements?

- by John Meilto

Sometimes it is helpful for my participants, if I compare a past experience with a particular tai chi movement I am teaching. Some people have difficulties recalling verbal directions, kinesthetic 'follow' me's, etc. I explain with a 'memory peg' (a vivid picture which shows the desired outcome).

Here's an example: I'm teaching the seated version of the Commencement, Open & Close. My two elderly male students had a difficult time remembering all of the arm movements. They could perform the 1st part of raising their arms, but nothing else. (I sensed they were becoming frustrated, withdrawing into their own personal shell.)

To make it fun, and learn at the same time. I made up a story on the spot that they could relate to, all of which mimics the movements. I say:

"Ok, do you guys remember Roy Rogers & Dale Evans?" They smiled as the both said 'Yes'.

"Well, after your arms are raised, it's just like Roy Rogers saying goodbye to Dale Evans! Roy brings his arms down and in to his hips, to demonstrate to Dale, that he has to draw his six-guns from his holsters, and move them upwards and extends his arms as if to 'shoot' & get the bad guys.

BUT, only now, he reaches out to hold Dale Evans, to say goodbye. He brings her closer to his chest as if to smell her perfume. Then he exhales as his hands move closer to each other. (open & close movement). Then he gently extends his arms as if to move her away, as he tells

her that he has to go, and gently lowers his arms to his side. (the ending movement)"



**John Meilto**  
Kansas City, MO

They both loved it!! And more importantly they REMEMBERED the arm movements!!

Here are two more examples:

## Example:1

TCA commencement...is like a shooting a basketball free-throw foul shot: As the arms raise up (palms facing each to hold the basketball) and, as if you're 'winding up'; you bring the ball straight down, then curve in towards your hips/waist; up your chest; then push them outwards as if to do a two handed chest shot!

**Example 2:** TCA 1 Parry...arm movements similar to putting on long gloves, i.e. a surgeon, etc. Or, (being Italian) I also use the analogy of the parry arm movements are like sliding pizza's into an oven!

My participants tell me they really like the humor, but more importantly, they also tell me they can better relate (AND REMEMBER) to the general idea of what the movement of their hands and arms should be doing...

Please share with us, any original ways you've been able to verbalize movements that have helped your students to remember the movements.

**Disclaimer:** *having too much fun in a professionally run class, can prove to be really healthy!*

**John is an instructor in the Kansas City, MO, area and has had his website featured here in a past newsletter edition**

# A Word from Dr. Bob

**Dr. Bob McBrien, President of TCHC**

In this edition I am focusing on TCHC's mission and describe one of the board's core values: *Support*. Recall that our mission is to improve the quality of people's lives through the Tai Chi for Health programs. All activities by your all-volunteer Board of Directors and committee members strive to support this mission which we share with Dr Lam's Tai Chi for Health Institute.

What about support. As a core value of your board we view *Support* as being there for each other. As members with leadership responsibilities we are tasked with providing resources and services that help members succeed with their tai chi for health activities. When support is provided we are strengthening our mission.

Our view of supporting our membership can be seen as strengthening the mission of TCHI also. By supporting the development of instructors of tai chi for health and Master and Senior Trainers who prepare others to instruct Dr Lam's programs we are ensuring our organization's success. Our vision is that by strengthening our community ( we have over 400 members) we bring tai chi for health to more people which, in turn, brings better health and wellness to more communities.

I hope to meet you in tai chi world in the near future,

Be well,

Dr Bob McBrien, President



## WEB SITE FOCUS



This month we visit Master Trainer Dr. Stephanie Taylor.

Many of us have full time careers as well as teach Tai Chi. Dr. Taylor's site promotes her business and the Tai Chi for Health programs in an easy and elegant manor.

Dr. Stephanie Taylor (Monterey, CA) is a physician specializing in women's health care. She is a Master Trainer in Tai Chi for Health and has been with the program since the first week long workshop in 2003. Dr. Taylor's website can be seen at: [www.womanswellspring.com](http://www.womanswellspring.com)

**Dr. Stephanie  
Taylor**



## Obituary: Dr. Russell F. Smiley, professor, tai chi master

Article by Amy Powell, Minneapolis Star Tribune, May 3, 2013 - *reprinted by permission*

Dr. Russell "Russ" Smiley, creator of a popular healing arts program at Normandale Community College, touched thousands of lives as a master tai chi practitioner.

Smiley, 64, of Bloomington, died March 10. He was eulogized at the college last week, and honored as well at a World Tai Chi Day gathering Saturday in Bloomington. Friends, colleagues and former students spoke of a natural-born teacher who helped bring to western culture the traditional Eastern integrative approach of uniting body, mind and soul for health.

"He was a world master, but local," said Kristianne Seelye, an acupuncturist and close friend of Smiley and his wife, Carole Smiley. "He was so very humble, but he touched people all over the world."

He grew up in Long Beach, Calif., an athlete since boyhood. After earning a doctorate in health and wellness from Southern Illinois University Carbondale, Smiley taught for more than 30 years, beginning as a tenured professor at the University of Wisconsin-Superior. A friend in Superior introduced Smiley to tai chi — the slow, relaxed form of exercise that originated as an internal martial art. Smiley went on to study under two renowned tai chi teachers, Fong Ha and Dr. Paul Lam.

Smiley became one of 11 master trainers for tai chi for arthritis in the nation, and one of a small number around the globe. He was certified as well in the use of tai chi for treating diabetes. At Normandale, his classes filled up and students wrote glowing reviews. They and friends described Smiley as a compassionate instructor who could be awkward in an endearing way, who loved to laugh, and who taught many to tap into their inner energy and find peace — even veterans struggling with traumatic war memories. "He wanted to help everybody have the best life they



**Dr. Russ Smiley**

could," said Carole Smiley, his wife of 32 years. "And he loved that. He found joy and silliness and fun." At the memorial service last week, videos from Australia, England and Hawaii showed Smiley practicing and teaching tai chi and qigong, or energy work. In a

YouTube video, Lam, director of the Tai Chi for Health Institute, spoke of how he and Smiley saw themselves as "tree farmers, sewing seeds of trees, to make the world a better place" as they taught the healing art.

"He has sewed so many wonderful seeds," Lam said. "His trees will continue to grow to benefit more and more people. His spirit will live forever to help others."

Memories were shared as well of his 25 years at the community college. "He just wasn't an ego-based person," Carole Smiley said. "He loved teaching at

Normandale."

He worked with the Centers for Disease Control in Atlanta in programs to prevent falls by the elderly, for example, and with the Arthritis Foundation. He taught teachers how to instruct others to perform tai chi while seated.

Russ Smiley had a soft voice and "emitted a calmness" that left others feeling serene, said Cynthia Carow-Schiebe, a co-worker in Normandale's health department.

On March 8, Smiley and another health instructor were on campus, leading a group of student leaders from all different ethnicities on snowshoes through woods. They sat to talk about leadership. Smiley toppled face first in the snow. As the instructor performed CPR on Smiley, the 13 students formed a circle and prayed. Two days later, at Fairview Southdale Hospital in Edina, the quiet professor died of a heart blockage.

In addition to wife, he is survived by his mother, Barbara, and sister Marilyn. To see Lam's video of Smiley's life, go [www.startribune.com/a2221](http://www.startribune.com/a2221).

# Tai Chi and Meditation

by **Eric Borreson**

Tai chi is often discussed as a meditative practice. Meditation does not mean the same thing as relaxation. It does not mean achieving a state of blissful calmness. Meditation is all about intention and focus. With practice, we can develop a calming focus to our movements. However, that calm focus does not come easily. Our mind resists it all the way.

There are two aspects of our mind that are involved in our practice. The first aspect of our mind is the heart mind (Xin), or monkey mind. This is the active, emotional part of our mind. It is the part responsible for the random thoughts that distract us during our practice. This part of the mind is very strong in beginners and is the cause of considerable emotional stress.

The second aspect is called the one-pointed mind (Yi), or intention. This is the part of the mind that pays attention to the fine details of the movement. It notices the foot gently touching down, the slow shifting of our weight, the gentle arm movements, and all the other fine points of our movement. This part of the mind may be very weak in beginners. It can be strengthened through practice.

One of the goals during practice to use our intention to calm down the monkey mind and to focus on the movement. This is a form of meditation. Meditation is much more difficult that it would appear. A lack of focus is something that all tai chi practitioners must deal with at some point. In fact, it can be quite frustrating to deal with a wandering mind during forms practice.

One way to deal with monkey mind during forms practice happens with the repetition in the form. We should not simply be moving through the forms. We should be focusing on our movement. The sets are sometimes designed with extra repetition of some of the forms. The individual forms in a sequence may be repeated, but the sequence of the following forms may be different.



**Eric Borreson  
Bourbonnais, IL**

It is easy to reach a point where our minds "go on automatic" and forget where we are in the sequence. It takes focus and intention to keep track of where you are in the sequence and what comes next.

For example, the Tai Chi for Arthritis set includes 3 Brush Knee and 2 Single Whip in each direction. Each repetition is an opportunity to lose focus and fall out of sequence. This serves as a reminder that focus is

necessary. The forms sequence can only be completed correctly when the intention is there and the monkey mind is under control. It takes focus and intention to remember the sequence as you move through the forms.

The regular repetition of the Open and Close Hands provides an opportunity to pause, re-center, and refocus. As you open and close your hands, focus on the energy between your hands. Take a deep breath and let yourself calm down. Focus on where you are in the sequence.

As we develop in our practice, we learn to tame the monkey mind. This makes our practice a form of Meditation in Motion.

**A bio on Eric follows on page 7**

## Bio— ERIC BORRESON

Eric Borreson – a student and teacher, finds teaching taiji, qigong, and meditation to be a path to a more meaningful life. Eric is the founder and director of Meditation in Motion, specializing in teaching about living healthier and happier lives. He teaches taiji, qigong, and meditation at the prestigious Heartland Spa, a top 10 destination spa, located in Gilman, IL.

In addition, he teaches taiji (Yang 24, Sun-style taiji, and Dr. Lam's Taiji for Arthritis and Taiji for Diabetes) at other venues. He conducts workshops and teaches private lessons on request.

He writes a weekly wellness column at <http://eric-taichi.blogspot.com>.

You can write Eric Borreson at [eborresongen@hotmail.com](mailto:eborresongen@hotmail.com)

## "Mindfulness": Go Fly a Kite!

By Frank Wolek



**Story:** "My granddaughter and I started our day by taking in (yin) the physical scene around us: plants, people, and objects one at a time. I don't remember, but I'm sure I and granddaughter internally commented (yang) about one or more of these elements such as what

was usual, unusual, or meaningful. I do remember and fondly how my granddaughter loved following the other kites in the sky; their swoops and dips, their veers and turns, their comings together and sweeping dance moves.

I find it fun to think of that as I do Tai chi. Holding our kite till the moment is right to let it fly is a special yin time followed by the yang of our letting it go. The yin, our taking in the kite's rise is now as pleasurable as the yang, of imagined guidance through air currents and the traffic of other kites.

On each move, my total body and mind are involved as they go through classic body movements such as forming a chi ball, brush knee, ward off, spreading wings, and the obvious vision of drifting through clouds! My instructor even suggested I enjoy a silk reel feeling of adjusting the length and tension of my line

**Note:** This is a sequel to the post "Tai Chi Mindfulness" the point of which was "Tai Chi is the rhythmic alternation of Yin and Yang that occur in all aspects of life not just the martial." The sequel reports on how one woman, Ray, responded to thinking of a time she went kite flying with her granddaughter. This turned into an interesting and non-martial context for Yin and Yang.

Enjoy!

Frank Wolek  
Stuart, Florida

Frank writes a regular blog that you can read here at:

[www.blog.siulum.com](http://www.blog.siulum.com)



# Senior Trainer 101—Welcoming Newcomers

by Linda Pickett

Do you remember the first week long workshop you attended and that feeling of being the outsider because you were new and did not know anyone nor did you know what to expect? In the beginning of the week there were probably a number of times when you walked alone to class. Most likely there were times you sat by yourself during some meals or at least were not part of the general conversation at the table other than to give someone your name and say what class you were taking.

I grew up in a home where it was made very clear to me that guests were to be treated well. They were to get the biggest piece of desert, the glass with the most beverage, if spending the night they got the best sheets and towels, and above all else they were to be made feel welcome at all times.

I think of all the above any time I see someone who appears to be new to our workshop and has that "I'm alone look". We are all so busy catching up with friends we have not seen in a year and attending classes that sometimes it is hard to think of others and how they must feel.

Master trainers are generally teaching classes and all that entails as well as attending meetings. Perhaps making sure newcomers feel welcomed and included could be something the senior trainers could concentrate on as well as anyone else in our tai chi family.

It does not take much to make sure a stranger feels more comfortable and included. Look for those sitting or walking alone and join them. Introduce them to others and explain things you are discussing if you know it is Greek to them. Invite them to join you for a practice or one of the evening activities. In general treat them as you would wish to be treated if you were in their shoes.



**Linda Pickett,  
Senior Trainer,  
Knoxville, TN.**



## Bio-Linda Pickett

Linda has been studying tai chi since 1990 and teaching classes with her husband Bill for the last twelve years in Knoxville TN. She has been a member of Dr. Paul Lam's Tai Chi for Health Community since 2005 and is certified to teach Tai Chi for Arthritis, Diabetes, Osteoporosis, Back Pain, Tai Chi for Work, Tai Chi for Kidz, and Tai Chi for Energy.

Linda also does Sun 73, Yang 24 and other Qigong forms. Her concentration is on tai chi for health and she teaches TCA and other forms in both the public and private corporate venues.

Linda works closely with the local AF Chapter with programs about the benefits of tai chi in and around the East TN area.

Linda is retired from the State of TN where she was involved in Social Work for 31 years. She found the calmness and grounding of tai chi to be very beneficial in her occupation.



## Business Opportunity: Silver Sneakers FLEX needs Tai Chi Instructors



By Becky Rahe, S.T. & TCHC Board Member

The Silver Sneakers FLEX Instructor Program is now interested in recruiting certified tai chi instructors to provide classes. This is a very recent development and one that I wanted to share with the Community. I was originally contacted by a Silver Sneakers regional coordinator because she had found my name on the Tai Chi for Health Institute website as a certified tai chi instructor. The original SilverSneakers is a program through HealthWays. Insurance companies such as Humana, Paramount Elite, just to name a couple, give members a "free" membership to their partner gyms such as YMCA's and Curves, allowing them to go to the "SilverSneakers" classes for free. However, the original SilverSneakers program did not offer a tai chi program.



**Becky Rahe,  
ST, Holland,  
OH**

The SilverSneaker FLEX program now in development was created because not everyone feels comfortable in "gym" settings. Many prefer churches, and more local community/senior centers that are easier to travel to. As Health care providers are now recommending the addition of tai chi, qigong and yoga to create a more holistic approach to health, the new SilverSneaker FLEX program was created to meet that need while at the same time creating potential income for certified tai chi instructors. This creates a win-win situation for everyone. Senior centers, community centers and retirement villages which may have the space but not the budget to pay for an instructor can now work with the FLEX program to bring an instructor to their location. At the same time, it can increase the outreach of our Tai Chi for Health Programs by helping instructors work with some otherwise underserved

populations while creating some income for instructors for their teaching.

While the process of setting up a class for reimbursement is a bit more complicated (and will be covered in an article in the September TCHC newsletter), you can begin today by registering as a tai chi instructor on the link below:

<https://instructor.healthways.com/>

They will ask you to provide documentation for CPR, any medical license you may hold (i.e., L.M.T. or P.T.) and the Tai Chi for Health Institute (here just refer them to TCHI which maintains our certifications/accreditations) Scan your supporting documents into a file so they are ready to attach during the application process

The FLEX program (which is separate from the YMCA) is helping me to meet my goals of reaching out in my community and teaching tai chi and being compensated for it. I get paid from HealthWays in addition to whatever income I receive from the participants who do not qualify for SilverSneakers. For the first time I can share my passion and make a living.



**Becky Rahe (center in black) and her-SilverSneakers Tai Chi Class in Ohio**

## Teaching Tai Chi in a Digital World **Part 4** by Marianne Walch



This is the last of a series about how tai chi instructors can use websites, email and social media to attract, retain and connect with their students and colleagues. This fourth article focuses on building community with the aid of online social media.

“Social media” is a term that refers to tools that allow people to interact with one another in online communities or networks and to create, share, and exchange information. Social media is all the rage, so you may think that it’s important that that you jump it to promote your school or classes. That may or may not be true, depending upon your goals and the time that you have to devote to it.

### **Types of Social Media**

There are many, many online networks and communities, and most are free to use. Each has a slightly different purpose and flavor. Here are the most popular.

**Facebook** is the world’s most popular social networking website, with over a billion users worldwide,. Facebook users can easily share messages, photos, video and web pages. Businesses and groups can set up and post from their own pages on Facebook.

**Twitter** is a “microblogging” service that lets users send text messages of up to 140 characters, known as “tweets.” Twitter tends to be very casual, with its abbreviated and short communication format.

**LinkedIn** was created for businesses and professionals to network with each other. People often use LinkedIn as an online home for their resume and professional expertise.

**YouTube** is a video-sharing site. 72 hours of video are uploaded every minute on YouTube! On YouTube you can create channels for yourself or your group. Dr. Lam has his own YouTube channel. If you haven’t already, go online and subscribe to it: <http://www.youtube.com/user/drpaullamtaichi>.

**Flickr** is a highly popular photo management and sharing site. Here you can upload photos, add descriptions and tags, and share them with friends, groups, or the world.

**Blogs** (short for “web logs”) basically are online journals to share widely one’s thoughts, ideas, and news. Blogs are used in many different ways and allow readers to comment on and share posts.

### **Social Media Tips for Tai Chi Teachers:**

Most people who attend Tai Chi for Health classes begin to feel the benefits fairly quickly. But what will keep your students coming back to your classes 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.

Social media can be a useful tool for maintaining that connection, at least in some circumstances. If you choose to give it a try, or even if you are an experienced user, here are a few tips to help make the tools more effective.

#### **Have a clear intention.**

Key to making your time on social media effective is to know what you want to get out of it. Who do you want to connect with and how? Narrow your goals, and focus your efforts accordingly.

#### **Know your audience.**

Knowing who your target audience is will help you select which social media sites to focus on and how best to use them. What does your audience care about, and how do they use (or not use) social media? The primary demographic of many tai chi classes is older adults. Many of them are uncomfortable using computers and likely don’t “tweet” very much. But more and more people over age 50 use Facebook regularly and are comfortable sharing there. Do some research within your own classes. The social media site that most of your students are on is probably where you should put your time.

**Continued on page 11**

## Teaching Tai Chi in a Digital World —Part 4 *concluded*

### Be professional and honor boundaries.

Being professional when you post or share online as a tai chi instructor hopefully goes without saying. Don't post anything that is not representative of you as a person and teacher, or that you would not say while standing in front of your classes. And even if you have a personal account separate from your professional one, keep in mind that because social media is all about sharing, anything that you post on your personal page may be shared and eventually be seen by the people who follow your professional one. So think twice about sharing anything that might be seen as offensive by your students, even on your personal page.

### Cultivate relationship.

The whole idea behind connecting with others through social media is that you are participating in a relationship. And like all relationships – with partners, family or friends – there are basic things that you must do to keep them authentic and strong.

Build trust: Send out content that is interesting, useful and truthful. Give credit when you share material. Ask permission before posting pictures and videos of others. It's also a good idea not to "tag" people in photos or text unless you are certain they are ok with you doing so. Anytime you "tag" someone in a Facebook post, for example, that picture or post automatically is seen by all of their friends.

### Share yourself, don't promote yourself:

Students and colleagues who connect with you through social media want to know you as a person, what you care about, and how you live your tai chi. If all you do is promote yourself and your classes, people will have little incentive to follow you.

Show you care: Master Trainer Pat Lawson

likes to quote the Mary Kay Company philosophy that "No one cares how much you know unless they know how much you care." In all relationships, we must demonstrate that we care about and listen to the other person. So on your social media site(s), respond to and engage the other people in your network. Invite feedback and discussion. Say 'thank you' a lot. "Like" and share others' posts. And people generally love to see themselves in photos and videos of your classes and events (but ask permission first).

Commit time: Effective use of social media requires that you commit regular time to it. The time you invest includes not just your own posts, but also reading, commenting on and sharing those of others. Be realistic about the amount of time you have for this.



I said this in my last article, but it's worth repeating. A major reason that most of us 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. And social media might be one tool that can assist with this. I have enjoyed deepening my relationships with other tai chi friends on Facebook, especially the ones I see only once a year at the annual workshop.

So how do you know if social media will work for you as a tai chi instructor? Well, if it interests you, jump in and give it a go! It may feel a little intimidating, but the only real cost is commitment of time. There are many print and online resources and tutorials available if you wish to learn more.

Marianne Walch, Ph.D.  
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# Tai Chi For Health Community

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## Workshops This Quarter

**TCD** June 22-23, 2013– Pat Lawson  
Pittsburg, PA. Contact: [gurney.bolster@veizon.net](mailto:gurney.bolster@veizon.net)

**TCA II** July 13-14, 2013 —Dan Jones III  
Maumee, OH. Contact: [sharonann@bex.net](mailto:sharonann@bex.net)

**TCA I** August 3-4, 2013-Maureen Miller  
Atlantic Beach, FL. Contact: [ntuccillo@tds.net](mailto:ntuccillo@tds.net)

**TCA I** August 10-11, 2013—Ralph Dehner  
Stow, OH. Contact: [AlwaysMovingTaiChi@gmail.com](mailto:AlwaysMovingTaiChi@gmail.com)

**TCA I** Sept. 14-15, 2013—Ralph Dehner  
Carnegie, PA. Contact: [kevinme100@yahoo.com](mailto:kevinme100@yahoo.com)

**Exploring the Depth of Tai Chi for Arthritis —**  
Sept. 28-29, 2013—**with Dr. Paul Lam**  
Lodge at Strawberry Acres Park  
950 South McCord Road  
Holland, Ohio, 43528  
Contact: : [taichibl@sbcbglobal.net](mailto:taichibl@sbcbglobal.net)

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