

What is Tai Chi?

Tai chi originates from ancient China and is now practiced throughout the world as a very effective exercise for health. Tai chi consists of a series of slow, fluid, gentle movements. Breathing is slow, relaxed, and deep to aid concentration. Tai chi can be done almost anywhere and is suitable for about anyone.

Why Tai Chi for Diabetes?

Tai Chi for Diabetes (TCD) is a form of Tai Chi, specially designed by Dr. Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on Sun and Yang style moves, Tai Chi for Diabetes is very safe, effective, and easy to learn,

It is designed incrementally to help prevent and improve the management of diabetes. This program's 5 levels helps to improve ones' heart/lung activity, muscle strength, posture, balance, immunity, flexibility, and mind-body integration.

The basic understanding of the specific health and mobility conditions of people with diabetes has always been an integral feature for the training for all our Tai Chi for Diabetes Instructors.



About Your Master Trainer Jim Starshak, MS

Jim Starshak has a Masters Degree in Exercise Science & Health Promotion and is an Allied Health & Nursing Adjunct Professor at Kansas City Kansas Community College. He provides continuing education for ACSM, ACE, Physical Therapists & PTAs, Occupational Therapists & OTAs, Nurses, Athletic Trainers, Mental Health Technicians, and Health & Fitness Instructors. Jim is a Tai Chi for Health Master Trainer and was the inaugural Chairperson for the international Dr. Paul Lam Tai Chi for Health Institute (TCHI), which is based in Sydney, Australia.

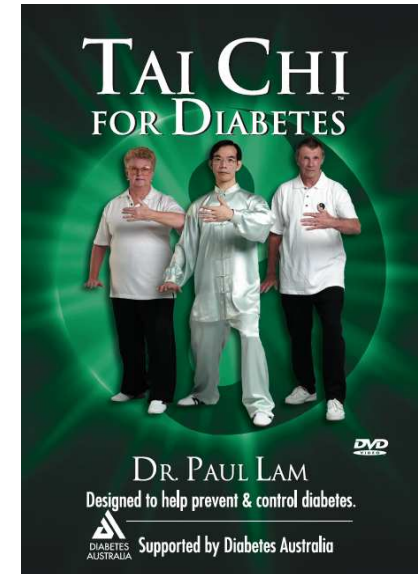


The Tai Chi for Health Institute is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This offering is approved for contact hours applicable for RN, LPN, and LMHT relicensure. KSBN provider number SP1268-061.

The American College of Sports Medicine's Professional Education Committee certifies that the Tai Chi for Health Institute meets the criteria for official ACSM Approved Provider status from 2012-2015. Approved Provider #701292.

The Home Gym, Inc. is recognized by the Board of Certification, Inc. to offer Category A continuing education for Certified Athletic Trainers. Approved Provider #P8312.

Tai Chi for Diabetes



Instructor Training

Optional CECs
(ACSM, RNs, PTs, OTs, & ATCs)

Facilitated by:
Jim Starshak, MS

Lenexa, KS
September 21-22, 2013

After this Tai Chi for Diabetes (TCD) Workshop, you will be able to:

- ✓ Demonstrate the Tai Chi set and its Warm Up and Cool-Down set
- ✓ Describe practical ways to integrate the Tai Chi Principles into existing interventions, exercises, and activities
- ✓ Summarize characteristics of diabetes and research validating Tai Chi's benefits.
- ✓ Differentiate ways to modify Tai Chi for an individual's capabilities and limitations.
- ✓ Demonstrate how to teach Tai Chi or any therapeutic movements using the Stepwise Progressive Teaching Method.
- ✓ Describe ways to use sequenced Tai Chi movements to help improve physical and psychological functional performance.

To Receive your TCD Instructor's Certificate you are to:

- ✓ Learn the TCD Forms from the DVD to the best of your ability before this workshop; and, in a group, demonstrate the TCD set
- ✓ Mail your completed application and DVD questionnaire 2 weeks before workshop
- ✓ Demonstrate a basic awareness of safety, teaching methods, and Tai Chi Principles
- ✓ Hold a valid first aid or CPR certificate from an accredited course or RN, EMT, etc.
- ✓ Pass a short, written quiz at this workshop
- ✓ Have one of the following qualifications
 - Diabetes Educator
 - Tai Chi Teacher & Advanced Student
 - Health Professional (RN, MD, ATC, DC, PT/PTA, OT/OTA, LMHT, etc.)
 - Certified Exercise / Fitness Trainer
 - Certified Allied Health Assistant
 - Senior Center Instructor, Therapist, or Program Director
 - Other similarly qualified individuals

Workshop Dates and Times:

September 21 & 22, 2013

9:00 am – 5:00 pm

Location:

Lakeview Village
5th Floor, Southridge Bldg
14001 W. 92nd Street
Lenexa, KS 66215

Workshop Organizer:

The Home Gym
(913) 322-0764
jim@thehomegym.net

Master Trainer:

Jim Starshak, MS

Workshop Fee: \$250

\$225 if Paid BEFORE August 26, 2013

**\$25 Continuing Education Certificate
(13 CE Hours for ACSM, RNs, LPNs, LMHTs,
PTs & PTAs, OT & OTAs)**

Workshop Includes:

- ☯ Instructional DVD
- ☯ Hands-On Workshop
- ☯ TCD Instructor Certificate
- ☯ Refreshments at a.m. & p.m. breaks
- ☯ Discount on Tai Chi Productions Items
- ☯ Optional CEU/CEC Certificate

What to Wear: Loose, comfortable clothing with flat shoes suitable for exercise.

Waiver: Each participant will sign a Waiver & Release before this workshop.

Cancellation Fee: Cost of DVD + S&H. 50% refund after Sept. 6, 2013.

Instruction Level: Basic to Intermediate

- Lunch On Your Own-

Registration Form (TCD)

(Workshop is Limited to ~20)

Please Print Legibly

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (____) _____

*E-Mail: _____

Workshop Fee:

- \$250 TCD Workshop
 - \$225 if Paid Before August 26th
- \$125 TCD Update (Sunday Only)
- \$25 CEU/CEC Certificate

**Please, Payment Only by
Check or Money Order**

**(Unless requested, your cancelled check
or money order serves as your receipt)**

**Please mail this form with your check
or money order payable to:**

**The Home Gym
P.O. Box 3702
Shawnee, KS 66203**



*You Will Receive Emails to Confirm Your Registration and Provide any last Minute and Local Information.

The TCD DVD and forms will be mailed to you in early September or upon receipt of payment.