



November Tai Chi Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 No Class	29 Riverton 12p	30 Lander 12p	31 Riverton 12p	1 Community Partner:	2
3	4 Lander 12p	5 Riverton 12p	6 Lander 12p	7 Riverton 12p	8 <u>Qi Gong</u> (Chee Gong)	9
10	11 No Class	12 Riverton 12p	13 Lander 12p	14 Riverton 12p	15 Taught by Shelia Newlin	16
17	18 Lander 12p	19 Riverton 12p	20 Lander 12p	21 Riverton 12p	22 At the Riverton Senior Center	23
24	25 Lander 12p	26 Riverton 12p	27 Lander 12p	28 Happy Thanksgiving	29 Fridays 10a	30

Thank you for attending Tai Chi Classes offered by the F.C. Wellness Program and the F.C Library. Tai Chi for Arthritis and Fall Prevention continues, and everyone is welcome!

More information about the program is on the back of this calendar. If you have any questions, please contact me or the library:

F.C. Library Lander: 332-5194

Penny Fahey, FC Wellness Program

F.C. Library Riverton: 856-3556

307-714-2380;

fremontcounty.wellness@gmail.com

What Is Tai Chi for Arthritis and Fall Prevention?



Tai Chi for Arthritis and Fall Prevention is a program developed by Tai Chi Master Dr. Paul Lam and the Tai Chi for Health Institute. Dr. Lam has created a variety of Tai Chi programs for specific health conditions, such as diabetes, osteoporosis, and rehabilitation, and each program is developed with a team of experts in each field. Independent research by the Centers for Disease Control has verified the effectiveness of Dr. Lam's programs. Classes are taught in-person by trained instructors, as well as online through the Tai Chi for Health Institute.

What Can I Expect and How Is It Different from Taijifit?

Tai Chi for Arthritis is great for beginners, including those who have no idea what Tai Chi is, and can be performed seated or standing. It follows more of a classical Tai Chi format, with more specific instruction on hand and foot placement, etc. It will be taught using Dr. Lam's Stepwise Progressive Method that has been used to successfully teach Tai Chi routines to millions of people worldwide in an easy, logical format.

Just like David-Dorian Ross' Taijifit classes, Dr. Lam's programs are fun and taught in a relaxed atmosphere, so participants are welcome to just be themselves. The biggest difference between Taijifit and Tai Chi for Arthritis will be in the amount of movement. Taijifit classes have continual movement throughout, while Dr. Lam's classes have more of a stop-and-go pattern to learn a new skill and then practice. Another difference is the focus on specific instruction and skills. During Taijifit classes the focus is clearing our thoughts, breathing, and feeling the flow of the movements. During Tai Chi for Arthritis classes, there will be also short discussions on the hows and whys behind movement, such as bending the knees, etc. Penny will utilize a little Taijifit along with Dr. Lam's Stepwise Method in her 30 minute classes.

Who Is Dr. Lam and the Tai Chi for Health Institute?

From the Tai Chi for Health Institute website:

In 1974 [Dr Paul Lam](#), a family physician from Sydney Australia, took up tai chi to control his arthritis. Tai chi helped him overcome his condition, it also improved every aspect of his life. Dr Lam has created a series of Tai Chi for Health programs and produced instructional materials to make tai chi easy and enjoyable to learn. Through his privately owned company, Tai Chi Productions, his team have produced many best-selling titles worldwide.

In 2013, [the Centers for Disease Control and Prevention](#) and National Council on Aging recommended Dr. Lam's program. Many governmental departments around the world endorse them. One of the most sought after teachers, Dr. Lam must be the first in history to have [travelled over a million miles teaching tai chi](#).

Learn More and Other Resources

- <https://taichiforhealthinstitute.org/> : Tai Chi for Health's official website that includes information about Tai Chi and Dr. Lam, research on the benefits of Tai Chi for various health conditions, locations of trainings, online lessons, DVDs and books, and more!
- <https://www.amazon.com/> (search *Dr Lam Tai Chi*): A good variety of Dr. Lam's DVDs and books are available on Amazon

Before teaching Taijifit, Penny had been certified in two of Dr. Lam's programs: *Tai Chi for Energy* and *Tai Chi for Arthritis and Falls Prevention*. She has recently recertified in *Tai Chi for Arthritis* in order to bring the program to participants of her classes.