

PHYSICAL LEISURE - “Tai Chi for Health”– Now available in Basic and Intermediate levels!



(Left) Community Care staff learning tai chi movements at the workshop and
(Right) facilitating sessions at their facilities with trainer, Jennifer Chung

Tai Chi assists clients in enhancing their physical fitness, joint and muscle strength. It also aids in maintaining their range of motion and posture, relieving pain, promoting concentration and providing relaxation.

Developed by Dr Paul Lam, an Australian-based physician and Tai Chi practitioner, this activity has been implemented in a range of healthcare organisations in Australia, USA, South Korea and the United Kingdom. Tai Chi has also received favourable mentions in USA by the Centres of Disease Control and Prevention and the Administration on Ageing as an exercise form that prevents falls. It also has good evidence in promoting health and wellness for older adults. Sessions are led by Tai Chi Master Trainer, Jennifer Chung.

Community Care staff will be **equipped with knowledge about how Tai Chi can positively impact health and learn through hands-on practice on how to facilitate Tai Chi**. Participants will receive a **Tai Chi Manual, Tai Chi Warm-Up Guide and Tai Chi Steps Guide** as well as **training videos** to support their learning. They will also receive a **facilitator’s certification with a 2-year validity**.

The programme is **available in 2 modules (Basic and Intermediate)**. To attend the Tai Chi for Health (Intermediate) Workshop, Staff will need to first complete the Tai Chi for Health (Basic) Workshop.

Course Fees and Dates:

For Basic Training:	For Intermediate Training:
 https://for.sg/p84631	 https://for.sg/fxk621
Scan this with a QR code reader to find out more on available course dates and register via the AIC Learning Network’s Learning Management System (LMS).	



How can I find out more?

Please contact us at healthyageing@aic.sg
Healthy Ageing Department; Agency for Integrated Care