

Tai Chi for Diabetes

The Gentle Way to Better Diabetes Control

Location: Thorn Hill Education Center
700 Leslie Ave, Frankfort, KY 40601
Phone: 502-875-1481 (Office)

Start Date: 6 March 2012 **End Date:** 24 April 2012 **Duration:** 8 weeks

Class Time: Tuesdays 6:00 – 7:00 pm

Cost: \$80

What is Tai Chi for Diabetes?

Tai Chi for Diabetes 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 Tai Chi, it is easy to learn, effective and safe. Designed to prevent and improve the control of diabetes, the program will help to improve flexibility, muscle strength, increase heart/lung activity, align posture, improve balance and integrate the mind and body.

Why is this course important?

Good diabetes management is not only about lowering glucose levels, but also about the overall reduction in the risk factors for diabetes complications. Studies have shown that many complications of diabetes can be prevented or delayed through effective management of the disease. This includes lifestyle measures such as engaging in some form of physical activity. Tai Chi for Diabetes offers an effective addition to your diabetes management plan by addressing both physical exercise and the psychological factors that negatively impact blood sugar control. Taking good care of diabetes today means avoiding other health related problems from the disease in the years to come. *It's never too late to start.*

What you will learn from this course?

- A "mind-body" perspective on diabetes self-care
- What is Tai Chi and how does it work for diabetes
- Exercise precautions
- The importance of posture, breathing and relaxation
- Warm-up exercises
- Qigong for diabetes
- The basic Tai Chi set
- The advanced Tai Chi set
- Wind-down exercises
- The stress-diabetes connection
- Techniques that can be applied during daily activities
- How to improve your Tai Chi

For more information and course registration contact

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or visit

www.kentuckytaichi.com

Explore the power within you to change your life.

Once learned, Tai Chi is a treasure that will last you a lifetime.