



## FALL PREVENTION TAI CHI INSTRUCTOR CERTIFICATION WORKSHOP



**Capital City Grange in Montpelier VT  
Tues. & Wed., October 24 & 25  
9:00 am – 5:00 pm**

*Central Vermont Council on Aging seeks energetic and interested volunteers to become certified instructors to bring Fall Prevention Tai Chi to older Vermonters in our communities.*

The workshop cost is \$300. The fee includes the training DVD and instructional book we will send you when you register, snacks and beverages during the 2-day workshop, and access to 3-4 “skillbuilder” workshops each year at no further cost.

**For those who will teach as volunteer instructors for Central Vermont Council on Aging, there is no charge.** Our expectation is that you will teach classes for CVCOA and provide us with feedback about your classes. CVCOA's service area includes 54 towns in Lamoille, Washington, and Orange counties (with the exception of Thetford), along with the towns of Bethel, Hancock, Granville, Pittsfield, Rochester, Royalton, Sharon, and Stockbridge.

**For those who will teach outside the CVCOA service area,** you'll need to see if your agency or employer is willing to support all or part of the tuition. Tai Chi Vermont is happy to assist you in this effort.

**To express your interest & receive a registration form - email Ellie Hayes at [grhayes1956@comcast.net](mailto:grhayes1956@comcast.net)**



Tai Chi Vermont, Inc. is a nonprofit with the mission of enhancing the wellness of Vermonters by providing safe and effective Tai Chi instruction. We train and mentor Tai Chi instructors throughout the state, working collaboratively with other agencies.

Marty Kidder will lead this workshop, with authorized trainers Annie Bower and Ellie Hayes. They will be offering instruction in the basic movements of “Fall Prevention Tai Chi,” also known as “Introduction to Sun style Tai Chi,” with detailed work on the Tai Chi movements as well as wonderful practice of a step-by-step teaching method. Marty has studied with Dr. Paul Lam of the Tai Chi for Health Institute, Dr. Peter Wayne of Harvard Medical School, and William Ting, internationally recognized Qigong and Tai Chi master.