

Tai Chi *Easy*

Become a Practice Leader!

Gain Skills. Give to your Community!

March 18, 25 and 26, 2011

8:00 AM to 5:00 PM

**Location: *University of Arizona
Cooperative Extension, Maricopa County
4341 E. Broadway • Phoenix, AZ 85040***

To Register, call: 602-827-8200 Ext 353

Applications due: March 7, 2011

Scholarships available



The Healer Within Foundation, an IRS 501(c)(3) foundation is dedicated to advancing teachings and practices that empower people to be healthy and whole. Joining forces with the University of Arizona Cooperative Extension and the Arizona State University College of Nursing and Health Innovation Center for Aging, the Foundation is offering this 25-hour training, which is usually priced at \$325-349 per person, for free (only \$40 to cover cost of materials). Use the proven methods of Tai Chi Easy™ practice to help the communities you serve be well. Cost of materials is waived in certain cases. As an applicant, you agree to share the Tai Chi Easy™ practices with those who most need it by teaching this as part of your job, volunteer position, or research project, in at least one series of 4-6 classes, and then reporting back to the Healer Within Foundation how it all went. We want to hear from YOU!



Who can apply:

Staff in senior centers or other community centers, researchers who will apply this practice to study groups in the community, anyone who works with or volunteers to assist elderly or underserved populations. No prior experience in Tai Chi is needed.

Cost: \$40 for materials and support

Receive this training that certifies you to be a community practice leader in Tai Chi Easy for only the cost of the materials—\$40* includes: practice leader training manual, DVD, access to the private forum and resources website where other facilitators, leaders and teachers share marketing ideas, resources and materials.

*Scholarships available.

This event is sponsored by: The Healer Within Foundation; Applied Tai Chi And Qigong; Arizona State University College of Nursing and Health Innovation Center for Aging; and University of Arizona Cooperative Extension. Visit: www.healerwithinfoundation.org.

Benefits you can provide in your community:

- Balance enhancement - falls prevention
- Stress mastery
- Pain management
- Physical activity and meditation
- Energy and productivity enhancement
- Natural sleep improvement
- Natural digestive and elimination support
- Anxiety reduction
- Recovery from ailment and addiction

Direct Benefits to you:

- New skill set to share with your constituents and community partners
- Self-care and stress-reduction skills you can apply to your own life
- Intrinsic rewards of giving to those in need
- Development of your leadership ability
- A marketable skill that can earn you \$\$\$\$ for additional income



College of Nursing
& Health Innovation

ARIZONA STATE UNIVERSITY



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March 18, 25 and 26, 2011 • Phoenix, AZ

Application



Send your application and check for cost of materials by March 7, 2011 to:

**University of Arizona Cooperative Extension
Attn: Tai Chi
4341 E. Broadway
Phoenix, AZ 85040
Please make your check of \$40 payable to University of Arizona. Thank you!**

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ Email: _____

I need a scholarship to cover the cost of materials (\$40), because:

I would like to apply to attend the Tai Chi Easy Practice Leader training for the fee of \$40. My payment is enclosed. Check # _____.

I agree to lead a minimum of 4 classes during the six months after training and to report back to the Healer Within Foundation via letter or email (admin@healerwithinfoundation.org). The groups I am likely to lead include the following underserved groups and populations in my community (please check all that apply):

- Veterans
- Low-Income
- At-Risk Youth
- Elders
- Battered Women
- People of Limited Mobility
- Substance-Abuse and Rehabilitation
- Families of Autistic Children
- Cancer Recovery
- Diabetes
- Trauma Survivors
- Incarcerated
- Homeless
- Minority groups

Other: _____

Signature: _____ Date: _____