

FREE

TAI CHI FOR DIABETES

CLASSES

In the garden at:

BANTING HOUSE NHS OF CANADA

442 Adelaide St. N, London, ON

Sundays from 11:30am to 12:30pm

July 14 to August 25, 2019

“Tai Chi for Diabetes” is a program designed by Dr. Paul Lam, a family physician and tai chi master, along with a team of tai chi and medical specialists, **to prevent and improve the control of diabetes**. It is short and easy to learn so you can practice regularly. The program will minimize the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility, balance and stress reduction. Diabetes Australia gave its support to this program because of its efficacy and safety.

About the Instructor: Terry Lynn Clarkin has Chronic Fatigue Syndrome, Fibromyalgia and Osteoarthritis so she knows what it is like to live with chronic illness and Tai Chi has played a huge part in improving her health. She is also the mother of a Type 1 Diabetic and has been a volunteer at Banting House NHS of Canada for 16 years. She has been studying Tai Chi and Qigong for over 20 years and has been teaching Tai Chi since 2013. Terry Lynn is a certified instructor with Phoenix Tai Chi Centre and the Tai Chi for Health Institute.

For Further Information email Terry at: terrylynnclarkin@hotmail.com

or call: 519-432-7090