

*IS YOUR **chi** in **CHECK**?*



Tai Chi from the
Arthritis Foundation®
TEXAS CHAPTER

Instructor Training
Levels 1 & 2

hosted by

Master Trainer,
Troyce Thome

Training will be held at:

Eagle's Trace
14703 Eagle Vista Drive
Houston, TX 77077

April 9-11, 2010

Level 1 :: April 9-10

Level 2 :: April 11

Recert/Update :: April 11

9:00 AM – 5:00 PM each day

\$100 Recert/Update

\$275 Level 1,

\$150 level2

TEXAS CHAPTER

Program Contact: *Margaret Gillett*

1.800.442.6653

mgillett@arthritis.org

www.arthritis.org

Join us to become a Certified Instructor in the Tai Chi for Arthritis Program. The ancient discipline of Tai Chi combines agile steps, joint safe exercise, and mental strength to improve mobility, breathing, and relaxation in ways that will help your students prevent and control their arthritis..

*Become a part of the
Texas Tai Chi for Arthritis Team
TODAY!*

Call or Email for Instructor Application!

1.800.442.6653

info.ntx@arthritis.org

 **ARTHRITIS**
FOUNDATION®
Take Control. We Can Help.™