

# Tai Chi for Arthritis

## Instructor Level One 2-Day Training Workshop & One day Recertification Update

Saturday, November 15 and Sunday, November 16, 2014  
Saturday, November 15 – Recertification Update  
9 a.m. to 5 p.m.

**Normandale Community College**  
**9700 France Ave South**  
**Room S2330**  
**Bloomington, MN 55431**

**Details:** Designed to help you learn more about tai chi and arthritis; learn and teach the tai chi exercises; provide ideas to conduct class effectively and enable you to offer a safe, joint-friendly and enjoyable exercise program; receive a 2 year certification after leading 6 classes; apply for ACE approved CEU credits

### **Pre-Training Requirements for Arthritis Foundation affiliation and partner listing:**

- Current Certification in Adult CPR
- Proof of personal and/or site comprehensive or professional liability insurance
- Review & practice Tai Chi for Arthritis Part 1 DVD-12 session before training
- Advance registration & payment on-line @ Normandale Community College site

### **Training Fee:**

- \$275 includes 2 day training, manual and DVD – Class ID: 35157
- \$95 1 day Recertification Update – Class ID: 35158

For more specific information and start time and to register: Visit Normandale Community College website and go to:

[http://normandale.augusoft.net/index.cfm?method=ClassListing.ClassListingDisplay&int\\_category\\_id=1&int\\_sub\\_category\\_id=18&int\\_catalog\\_id=](http://normandale.augusoft.net/index.cfm?method=ClassListing.ClassListingDisplay&int_category_id=1&int_sub_category_id=18&int_catalog_id=)

**Training and Registration Questions:** [Amanda.Gustafson@normandale.edu](mailto:Amanda.Gustafson@normandale.edu)