



# Chair Chi



## Instructor Certification Course September 20<sup>th</sup>, 2017 Wednesday

**8:30 a.m. – 5:00 p.m.**

Completing this course will certify Activity Directors to teach Chair Chi in their communities.

**7 clock hour CE credits, NCCAP**

**7 clock hour CE credits, NAAPCC**

Chair Chi is a gentle exercise program developed by Pat Griffith to help people receive the benefits of traditional Tai Chi Chuan in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance (walker, wheelchair, movement disorder) to participate and benefit. Those benefits include balance, flexibility, range of motion, strength, energy, pain relief, stress reduction, tranquility and peace of mind.

Pat Griffith is a certified Tai Chi Chuan instructor and founder of Chair Chi. He has been teaching at health clubs, senior and wellness centers and senior living facilities since 1997.

Hosted by: Hildebrand Care Center

Seminar: \$100, \$20 for manual, \$20 for DVD, total \$140, \$130 if received by September 11<sup>th</sup>, 2017

If you bring a friend: \$220 total (seminar, 2 manuals, 2 DVD's, CEC's, certifications)

**CAPA member special: \$100 (seminar, DVD, manual, CEC's, certification)**

Cancellation policy: 100% refund up to 10 days prior to seminar, 50% refund 7 days prior to seminar and no refund less than 7 days prior to seminar or no shows.

Dress comfortably.

Complimentary continental breakfast and lunch included.

**Hildebrand Care Center**

**1401 Pahy Ave.**

**Canon City, CO. 81212**

**Contact and RSVP: Pat Griffith (760) 390-8019 (For credit card payment)**

**chairchi@gmail.com**

Return with check payable to: Pat Griffith, 944 Deodar Road, Escondido, CA. 92026

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_