



Membership Benefits

- ❖ Connection with and support from other tai chi instructors and practitioners
- ❖ Opportunities for professional development
- ❖ Individual access to group liability insurance
- ❖ Instructional materials and teaching resources
- ❖ Eligibility for tuition scholarships to June USA weeklong
- ❖ Discounts to Tai Chi for Health Institute workshops
- ❖ Discounts on selected products sold through Tai Chi Productions
- ❖ Quarterly newsletter for and by members



Join Our USA Community

Share Your Passion for Tai Chi and the Tai Chi for Health Programs

Become a Member

Support the Community Mission

Enjoy Benefits of Membership

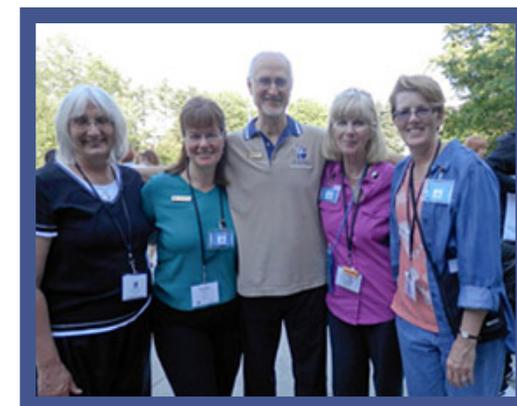
Tai Chi for Health Community (TCHC)



www.tchc.info

Tai Chi for Health Community (TCHC)

A USA-Based Association of Tai Chi Instructors, Practitioners, and Health and Wellness Professionals with Common Interest in Improving People's Lives Through Quality Tai Chi



Our members share their passion for tai chi for health and to connect and interact with other members in our community.



TCHC is a USA 501(c)(3), non-profit organization

History, Mission, and Goals

In 2002, a small group of tai chi instructors who followed Dr. Paul Lam's Tai Chi for Health programs established the Tai Chi for Health Community in the United States. Their collaborative effort resulted in creating a nonprofit membership organization for USA tai chi instructors and practitioners who would inform and educate people about health and wellness benefits of tai chi and the Tai Chi for Health programs.

Also known as TCH Community (or TCHC), the organization is not a tai chi school, and does not train or certify instructors to teach tai chi. Established as a separate entity, it strongly supports Dr. Lam's Tai Chi for Health programs and promotes the practice of safe and effective tai chi according to Dr. Lam's teachings.

TCHC's mission is to promote the practice of tai chi for health and wellness and support our certified member instructors in the United States.

Over the years, TCH Community has grown to over 500 members including tai chi teachers, their students, and other tai chi players from many different backgrounds and tai chi organizations, as well as instructors certified by the Tai Chi for Health Institute (TCHI). Similar to the members they represent, the board of directors, officers, and committees come from varied backgrounds and experience.

Our goals:

- ❖ Provide support for instructors who teach tai chi for health and wellness
- ❖ Promote networking among members interested in tai chi for health and wellness
- ❖ Expand tai chi for health programs to wider audiences in USA
- ❖ Disseminate information on many health benefits of tai chi for health and wellness
- ❖ Support members doing research related to tai chi for health

TCHC is a volunteer community. The volunteer board encourages members to join committees. Contact information can be found on website and newsletter.



Join Our Community

Share Your Passion for Tai Chi and the Tai Chi for Health Programs

Visit the website www.tchc.info

Explore the Home Page for announcements, monthly reminder of events, and other helpful links.

Members can also use website to:

- ❖ Access teaching tools and tai chi resources
- ❖ List upcoming workshops and events
- ❖ Locate and connect with other members
- ❖ Read and contribute to the TCH Community quarterly newsletter
- ❖ Keep up to date with Community happenings
- ❖ Contribute to the newsletter and write an article—share your experience, tai chi practice, and teaching tips

TCH Community is a "green" organization. All news and correspondence is distributed through email. Members can access their profile by login and password to ensure a current email address is listed.

Become a Member

Support the Community Mission & Enjoy Benefits of Membership

Join more than 500 current members who share the vision of teaching and practicing quality tai chi programs, making them available to all individuals who can benefit from improved health and wellness.

New members are always welcome. Follow the easy online instructions to apply for a membership, renew your membership, or pay dues.

Visit us at
www.tchc.info



For your convenience payments are accepted through PayPal or major credit card. Instructions and mailing address is given on application form for optional payment by personal check. Member information is never made public.