



TAOIST TAI CHI SOCIETY OF AUSTRALIA INC

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ABN: 35 295 945 206 A volunteer, non-profit and charitable organisation www.taoist.org.au

Improving Lives and Reducing Healthcare Costs

Volunteer Organization Celebrates the Benefits of Tai Chi for Seniors

International Seniors Day and United Nations Day of the Older Person: October 1, 2017

Members of the Taoist Tai Chi Society of Australia will be celebrating the benefits of Taoist Tai Chi™ arts for seniors, during the week of 25 September to 1 October. Branches of the volunteer, non-profit organization will be offering free 'tai chi and morning tea' events in various locations, including Perth, Adelaide, Brisbane, Canberra, Geraldton, Melbourne, Toowoomba, and Townsville.

They will also be joining in an international live video event on 1 October, recognizing the contributions of seniors in affiliated Taoist Tai Chi™ organizations around the world. The hour-long live-streamed video will begin in Canada, and move across a number of locations throughout Canada, USA, Great Britain, The Netherlands, Spain, Australia and finish in New Zealand.

The theme this year's United Nations Day of Older Persons is *Stepping Into the Future, Tapping the Talents, Contributions and Participation of Older Persons in Society*. The President of the Taoist Tai Chi Society of Australia, Ms Elisabeth Clevers-Schatten, says this meshes with Taoist Tai Chi™ practice which welcomes the volunteer work and support of its seniors. "Older persons and Taoist Tai Chi™ arts are the perfect match," Elisabeth added.

Taoist Tai Chi™ practice, founded in Canada by Master Moy Lin-shin 47 years ago and now taught in 25 countries, has found special favour among older persons seeking improved balance, strength, flexibility, calmness and a supportive community.

This was confirmed this year with an international health questionnaire – *Improving Lives Around the World and Reducing Healthcare Costs* – to which more than 18,000 of our participants responded. They reported health benefits from Taoist Tai Chi® practice including marked improvements in balance, mobility, relief of pain, and emotional and spiritual wellbeing. "We knew anecdotally from our members that such benefits exist, but this unprecedented survey drew many responses and is very heartening and important for policy makers to contemplate," Elisabeth said.

Participants in Taoist Tai Chi® practice already know about its ability to help them live longer, healthier and more fulfilling lives. A couple of years ago sixty-six year old Bretta Mitchell of Townsville, Queensland, was diagnosed with an inoperable condition that affected the blood supply to her upper spine, and parts of the brain.

"Unbeknownst to me this condition had affected my balance and coordination, and as a result I experienced a number of serious falls," Bretta said. "These issues were exacerbated by the arthritis I had lived with for years. I started Taoist Tai Chi™ arts and I know it's working because a few months ago I was able to vacuum for myself, for the first time in 20 years. Taoist Tai Chi™ has taught me how to move my spine without pain. It is wonderful! When I go to a class and work through all the moves, it's like meditating without consciously realising it. At the same time I am building flexibility, balance and coordination."

For details of free 'morning tea and tai chi' events, visit: <http://www.taoist.org.au> (see link from home page)

For full report of the Health Survey (Australia) visit:

http://www.taoist.org.au/files/pdf/AU_Health_Survey_Report_Australia_2017.pdf

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