

*You Are Invited to a Complimentary CEU & Breakfast Hosted By:*



Care and comfort at a moment's notice.



Expect more from us. We do.



## T'ai Chi Principles and Applications in the Senior Population

1 credit approved for :

Social Work (ASWB – 1 Clinical/Core Hour)

Case Managers (CCM-1 Clock Hour)

RN (through CCMC which GA RN Board accepts)

Attendance or applied credit certificate available for other credentials.

*All states retain their own licensing authority through their own boards.*

*Please make sure to check with your own state board to ensure transferability of the CE credits.*

**Come join us for a quick breakfast CEU, learn some Tai Chi to help you wake up – what a great way to start your day!**

**Thursday, February 26<sup>th</sup>, 2015**

**8:00-8:30 am:** Registration & Breakfast

**8:30-9:30 am:** CEU Presentation

***Sunrise of Buckhead***

**1000 Lenox Park Boulevard  
Northeast Atlanta, GA 30319**

Space is limited, please register at <http://www.ceuconcepts.com/event-sign-up>

And choose 2/26 Buckhead Tai Chi from the drop down menu.

**This is a complimentary event.**

CEU Coordinated by:



# T'ai Chi Principles and Applications in the Senior Population

**Presented by: Cate Morrill, Certified Wu Dang T'ai Chi/Qi Gong Instructor**

## Overview:

Cate Morrill, Certified Wu Dang T'ai Chi/Qi Gong Instructor with over 20 years of experience in this field, will discuss how T'ai Chi can be utilized to assist seniors in preventing health complications that may not allow them to age in their homes. In her presentation, she will discuss the overall theory and practice of T'ai Chi. She will then go on to describe how her company uses their program, "Movement Improvement T'ai Chi" ® to increase balance in seniors. She will discuss how she teaches T'ai Chi as a way to prevent future falls as well as assisting patients through existing injuries or health problems. In addition, Ms. Morrill will discuss different physical, emotional and empowerment benefits that T'ai Chi can have on the senior population. After attending this presentation, the healthcare professional will have been educated on some of the basic benefits of T'ai Chi in order to better educate their patients/families on this exercise as well.

## Agenda

**8:00-8:30 am:** Registration & Breakfast

**8:30-9:30 am:** CEU Presentation

By attending our workshop, you will be able to:

1. State 2 basic benefits and theory behind the practice of Tai Chi;
2. Name 2 ways that seniors can use the practice of Tai Chi

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CEU Concepts, provider #1239, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program.

CEU Concepts maintains responsibility for the program.

Social workers participating in this course will receive 1 clinical continuing education clock hour. In order to receive credit, you must attend the entire presentation and complete an evaluation. **Certificates will be provided on-site.** Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals – beginning to intermediate level of learning.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Concepts via Anne McSweeney at [info@ceuconcepts.com](mailto:info@ceuconcepts.com) or 404-480-2082.

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