



DESIGN DOCUMENT: Tai Chi for Self Care

Business Purpose	Three Treasures Health & Wellness would like to increase the number of tai chi students taking classes in the studio by introducing tai chi as a stress-relieving and wellness modality.
Target Audience	Three Treasures Health & Wellness Email List
Training Time	Less than 10 minutes
Training Recommendation	An elearning module developed in Articulate Rise is recommended featuring rich graphical content and relevant interactions to introduce prospective students to the specific benefits of tai chi practice.
Deliverables	<ul style="list-style-type: none"> -short elearning course developed in Articulate Rise -quick start guide to free veterans tai chi classes
Learning Objectives	<p>At the end of this module, the learner will be able to:</p> <ul style="list-style-type: none"> • Define chi • Recognize tai chi • Discuss the science of tai chi • Explain why tai chi is good for veterans • Explain how tai chi benefits seniors • List how tai chi benefits everyone • Summarize the Tai Chi for Veterans Program

Training Outline

Topic: Introduction

- Welcome
- Learning objectives
- Self-care activity

Topic: Intro to tai chi

- What is qi?
- What is tai chi?
- The science
- Knowledge Check

Topic: Benefits of tai chi

- Tai chi for veterans
 - How tai chi helps PTSD
 - How tai chi helps anxiety & depression
 - How tai chi helps chronic pain
 - Belly breathing activity
- Tai chi for seniors
 - How tai chi helps flexibility
 - How tai chi helps mobility
 - How tai chi helps balance
 - Short seated tai chi activity
- Tai chi for everyone
 - General wellness benefits of tai chi
- Knowledge Check

Topic: Getting Started

- Free classes for veterans
- Knowledge Check
- How to get started at Three Treasures Health & Wellness

Topic: Conclusion

- Summary
 - Thank you
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Evaluation Plan	Three short knowledge checks are included to reinforce the understanding of the learning objectives.
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