



REGISTRATION FORM for MARCH 2018 SKILLBUILDER WORKSHOPS

Each of these workshops will have the same form, with an hour plus devoted to learning more about Parkinson's Disease and how best to serve tai chi participants who deal with this issue. The balance of our time will be used for practicing forms and for learning/adapting some “drills” that can prepare tai chi class participants for particular moves.

Time will run from 9:30-approximately 3:00 with 45 minutes to an hour break for lunch. We provide snacks but ask you to bring your own lunch.

There is no cost for our Tai Chi Vermont Skillbuilders, although contributions to our nonprofit will certainly be welcome!

Please fill out this form and return by March 6th to Anne Bower:

anniebower@yahoo.com P.O. Box 74, So. Pomfret, VT 05067

Name _____

Mailing Address _____

Best phone number for contacting you _____

Your Email _____

With which Agency are you affiliated? _____
(SASH, Senior Solutions, SVCOA, Age Well, CVCOA, NEK Council; other?)

Please check which Skillbuilder Workshop you plan to attend:

_____ Tuesday, March 20, Rutland, led by Laurie Knauer

_____ Thursday, March 22, Barre, led by Ellie Hayes

_____ Thursday, March 29, Burlington, led Elizabeth Wirls

We will be in touch once you register about the exact location of the Skillbuilder and other pertinent details.

Meanwhile, if you have particular questions or concerns about the Skillbuilders—please note them below.