



REGISTRATION FORM for SEPTEMBER 20178 SKILLBUILDER WORKSHOPS

Each of these workshops will have the same form, with ample time for practicing our Level One, Two and Three Fall Prevention Tai Chi Movements in both large and small groups. But since we all want to learn about the “Best Practices” for teaching tai chi, we’ll also devote time to sharing the teaching techniques we have found successful. This will be a useful, practical, and enjoyable Skillbuilder and we hope to see you at one of the gatherings.

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 August 31st 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:

_____ Friday, Sept. 7th, Burlington, led by Suzanne Lemire & Elizabeth Wirls

_____ Friday, Sept. 21st, Rutland, led by Anne Bower & Laurie Knauerer

_____ Thursday, Sept. 27th, Barre, led Ellie Hayes & Anne Bower

We will be in touch once you register about the exact location of the Skillbuilder and other pertinent details. Also, please note that staffing at the Skillbuilders could change based on our Trainers various commitments.

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