

# “TAI CHI Moves for Wellness”

## Train the Trainer Opportunity

“Come and learn some basic Tai Chi Moves for wellness; clinicians can use this with patients, and staff can use for self-care and wellness”



Master Peter Asco, Tai Chi/QiGong systems developer and instructor for GLA, WLA VA for the past 11 years, will be teaching the finer points of safe and effective Tai Chi practice.

Program offered as a 6 week course at two locations  
Please choose only 1 group to attend

### Offered in WLA: 9:00 am to 11:00am

1

1. July 13<sup>th</sup> – Bldg. 401/ Rm. C103
2. July 20<sup>th</sup> - Bldg. 500/ Rm. 1281
3. July 27<sup>th</sup> - Bldg. 401 / Rm. C103
4. August 3<sup>rd</sup> - Bldg. 500 / Rm. 1281
5. August 10<sup>th</sup> - Bldg. 401 / Rm. C103
6. August 17<sup>th</sup> - Bldg. 500 / Rm. 3232

3

1. August 24<sup>th</sup> - Bldg. 401 / Rm. C103
2. August 31<sup>st</sup> - Bldg. 500 / Rm. 3232
3. September 7<sup>th</sup> - Bldg. 401 / Rm. C103
4. September 14<sup>th</sup> - Bldg. 500 / Rm. 3232
5. September 19<sup>th</sup> - Bldg. 500 / Rm. 1281
6. September 28<sup>th</sup> - Bldg. 500 / Rm. 1281

### Offered in Sepulveda: 3pm to 5pm

2

1. July 13<sup>th</sup> – Bldg. 20 / Rm. B125
2. July 20<sup>th</sup> - Bldg. 20 / Rm. B125
3. July 27<sup>th</sup> - Bldg. 20 / Rm. B125
4. August 3<sup>rd</sup> - Bldg. 20 / Rm. B125
5. August 10<sup>th</sup> - Bldg. 20 / Rm. B125
6. August 17<sup>th</sup> - Bldg. 20 / Rm. B125

4

1. August 24<sup>th</sup> - Bldg. 20 / Rm. B125
2. August 31<sup>st</sup> - Bldg. 20 / Rm. B125
3. September 7<sup>th</sup> - Bldg. 20 / Rm. B125
4. September 14<sup>th</sup> - Bldg. 20 / Rm. B125
5. September 21<sup>st</sup> - Bldg. 20 / Rm. B125
6. September 28<sup>th</sup> - Bldg. 20 / Rm. B125