

T'ai Chi Ch'uan for Diabetes

Michael P. Garofalo

Tai Chi for Diabetes Certified Instructor

Yang Style T'ai Chi Ch'uan Instructor

Chinese Energization Exercises (Qigong) Instructor

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Qualifications

1. Received a Tai Chi for Diabetes Instructor's Certificate (10/03-10/05) from Paul Lam, M.D.. This exercise program is supported by the Diabetes Australia Association.
2. Attended the Kaiser Permanente Diabetes Training Program (8 hours). Attended the Blue Cross of California sponsored Diabetes Workshop (6 hours) in 2003, presented by Marie Cikuth, R.N., Mercy Medical Center, Redding, CA. Attended the Tai Chi for Diabetes Instructor's Training Workshop (14 hours) in 2003, presented by Dr. Paul Lam in Monterey, CA.
3. Began studies in T'ai Chi Ch'uan and Chi Kung in 1986. An active practitioner and student of Taijiquan; and, an avid walker. Teacher of Yang Style Taijiquan (Standard 24 Form and 108 Form) and the Eight Section Brocade Qigong as an instructor for Valley Spirit Taijiquan in Red Bluff, California. Taijiquan instructor at the Tehama Family Fitness Center, Red Bluff, CA.
4. Attended the Yoga for Diabetics Workshop (15 hours). Presented by Dr. Craig Roberts and the Ananda Yoga Director, Gyandev McCord, at The Expanding Light Ananda Yoga Education and Retreat Center, Nevada City, CA, in 2004.
5. Ongoing experience since 1996 with effectively managing, with the guidance and support of my physician, my own case of Type 2 Diabetes. Active participant in the Diabetes Health Improvement Program developed by Blue Cross of California.