

**Tai Chi For Every Body**  
Pty Ltd  
ABN 40 115 265 364  
PO Box 64  
Pooraka SA 5095



**Ph 0417824063**  
[meg@hutton.sh](mailto:meg@hutton.sh)  
[www.taichiforeverybody.com.au](http://www.taichiforeverybody.com.au)

**October 12** is World Arthritis Day, an important acknowledgement. I was assisting at a *Tai Chi for Arthritis* instructor training workshop recently, and learnt from Arthritis SA staff that in South Australia 1 in every 4 people has arthritis. That's huge! It means that you or someone you know suffers from one of the **150 different types** of arthritis. Arthritis can be very debilitating and cause a long term pain and suffering. Quite often people are not getting all the information they need for self management. I have learnt much from Arthritis SA staff, my students who have arthritis, Dr Paul Lam (creator of *Tai Chi for Arthritis* who has had arthritis since he was a teenager) and one of his Master Trainers who also trained me. She is a doctor too and also a sufferer of arthritis. My prior nursing training helps me understand what I hear and observe.

It saddens me to know of so many people in pain. What I've found encouraging is to meet the staff at Arthritis SA. They truly understand because they have arthritis and want to help as many people as possible learn to manage their particular form of it (which can vary enormously in severity) with the aim of attaining as much pain relief as is possible and having as fulfilling a lifestyle as is possible. For that they have training sessions and encourage, gentle exercise to maintain mobility, flexibility, relief of pain and well-being.

So, you might like to go to the Open Day shown below or forward this message to a friend or family member who you would like to help.

Meg Hutton  
Instructor  
Tai Chi for Every Body Pty Ltd  
**Arthritis SA October 2011 E-News (a portion of it)**  
Their website is [www.arthritis.sa.org.au](http://www.arthritis.sa.org.au)

#### **“City to Bay**

Thank you to all our participants for taking part in this year's City to Bay - we were very proud to see the new Arthritis t-shirts being well used! We're thrilled to report that all together the Arthritis Team raised some much needed funds for Arthritis education and research programs.

#### **World Arthritis Day – October 12th**

Arthritis SA will be holding an open morning between 10.00am – 12.30pm, at 118 Richmond Road, Marleston to celebrate World Arthritis Day. We are inviting people to come in, meet support group representatives and talk to telephone advisors about any questions they may have. This will also be a great opportunity to try Tai Chi for Arthritis and listen to Arthritis Educators giving up to date information.

Ring 8379 5711 to register your interest. A gold coin donation would be appreciated to cover refreshments.

#### **Male Only Moving Towards Wellness Course**

Following on from an outcome of our recent research study Arthritis SA is holding their first “male only” Moving Towards Wellness course from Thursday October 20th until Thursday November 24th, 7.00pm-9.30pm. If you know a male with Arthritis please forward them information on this important opportunity.”