

MEDIA RELEASE

03 July 2019

Tai Chi Training Coming to Katherine

COTA NT is pleased to announce they have been successful in securing funding to bring Tai Chi training to Katherine from the Primary Health Network and Katherine Town Council.

The Australian Tai Chi Institute's Master Trainer, Cheryl Lee Player will travel to Katherine from Brisbane to deliver trainer training in Tai Chi on the weekend of 27 and 28 July 2019.

COTA NT's CEO Sue Shearer is delighted that the organisation has been able to support Katherine's seniors in accessing Tai Chi, which has many positive health and social benefits. "At COTA NT, we believe in active and fulfilling senior years," said Ms Shearer. "We know the importance of keeping our bodies moving and getting people together to socialise and to exercise. We are so pleased to be able to support access to this training in Katherine, so the community can benefit from a pool of qualified instructors, ensuring that Tai Chi can be practised in Katherine for years to come."

Katherine resident, Lori Martin was a key driver in bringing Tai Chi to Katherine. "I know we've got to keep active. I've got lung problems, and I know yoga or aqua aerobics was not for me," says Ms Martin. "I'm keen for Tai Chi to become readily available in Katherine, so that people of all ages and abilities can participate in healthy activities. Thank you, COTA NT for making it possible!"

Expressions of interest are being called for people who would like to become Katherine-based Tai Chi instructors. Please call Kate on 0427 378 397, if you are interested in becoming a Tai Chi instructor. 10 local residents will be trained in the art of Tai Chi.

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Media contacts:

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More information:

- About COTA NT www.cotant.org.au
- More about Tai Chi, <http://australiantaichiinstitute.com.au/wordpress/>