

For Immediate Release

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“Cincinnati One of Three in U.S. Tapped To Certify Teachers for Healing with Tai Chi”

December 7, 2004, Cincinnati, Ohio – Although the gentle martial art of Tai Chi has been known in the Far East for centuries, this calming practice has only been available to Greater Cincinnati in recent decades.

Soon, however, Cincinnati could be at the forefront of its application as a physical therapy.

Ralph Dehner, local tai chi instructor for 7 years and program coordinator of The Mighty Vine Wellness Club in Mt. Auburn, has been selected among only three people in the U.S. to attend an international training by world famous Tai Chi Master Dr. Paul Lam. Upon its completion, he will be certified by Dr. Lam to train healthcare and fitness professionals in the use of tai chi for healing arthritis, diabetes and chronic back pain.

Lam’s two-week certification training course takes place Jan 3rd to 16th in Sydney Australia, and will include Dehner and 11 others from around the world. **The Mighty Vine is asking local businesses, health advocates and the general public to join in bringing this expertise to Cincinnati by helping fund the \$3000 needed for Mr. Dehner’s training and travel.**

The Mighty Vine is a (501 C-3) non-profit agency whose small, government-funded budget does not allow it to subsidize Dehner’s trip. **To aid in the effort, the club is sponsoring a raffle and silent auction on Saturday, December 18th from 4 to 7 p.m., at its facilities on 2347 Vine St. in Mt. Auburn.**

Donations of goods or services for this event are requested. For more information, call the Mighty Vine at 513-241-9355 and ask for Ralph Dehner. Financial contributions can be made payable and sent to The Mighty Vine Wellness Club, 2347 Vine St., Cincinnati, OH 45219. All donations and contributions are tax deductible as by law.

"It is a real honor to be chosen for this program," says Dehner. "There are only ten tai chi instructors authorized to do this in the USA at present. I hope to add something positive to the mix. All forms of tai chi promote health, both mentally and physically. What Dr. Lam has done is to develop some tai chi sets that address the needs of people with these specific (health) challenges."

The Mighty Vine Wellness Club provides health and wellness programs for Greater Cincinnati area residents and mental health consumers at a reduced cost and is the only “consumer-run” agency of its kind in the U.S.

Dr. Lam is a family physician of 28 years in Australia and has studied Tai Chi for over thirty years. His program “Tai Chi for Arthritis” was created in 1997 and has been acclaimed by the Arthritis Foundation of USA, as well as other arthritis organizations around the world.

In 2001 he created the program “Tai Chi for Diabetes” and, in 2004, “Tai Chi for Back Pain”. Co-author of the book “Overcoming Arthritis”, Lam also founded a successful tai chi school nineteen years ago, has produced many tai chi instructional videos and was the gold medal winner of the Third International Tai Chi Competition in Beijing in 1993.

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