

**FOR IMMEDIATE RELEASE**

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**Tai Chi Master Paul Lam, M.D., Recognized as Canyon Ranch Institute Visiting Scholar**  
*Dr. Lam to present about the value of Tai Chi for fall prevention at the University of Arizona  
Mel and Enid Zuckerman College of Public Health*

**TUCSON, AZ (August 20, 2015)** – Canyon Ranch Institute has recognized Paul Lam, M.D., of Sydney, Australia, as a Canyon Ranch Institute Visiting Scholar. Dr. Lam is a family physician and director of the non-profit Tai Chi for Health Institute. He is an internationally recognized tai chi expert who has developed Tai Chi for Health programs designed to prevent falls and provide safe physical activity for people with chronic diseases, such as type 2 diabetes, arthritis, osteoporosis, and other medical conditions.

The Canyon Ranch Institute Visiting Scholar Program recognizes people who are leading change in one or more of CRI's five focus areas of health literacy, prevention, cultural diversity, integrative health, and eliminating health disparities. CRI Visiting Scholars collaborate with Canyon Ranch Institute to help inform and shape CRI partnerships, programs, and activities to help educate, empower, and inspire every person to prevent disease and embrace a life of wellness.

The U.S. Centers for Disease Control and Prevention (CDC) reports that the leading cause of fatal and nonfatal injuries for people over age 65 is falling. The CDC predicts that one-third of seniors will fall each year, leading to a direct annual cost of \$34 billion. Falls can also lead to a fear of falling that may result in inactivity and decreased health that exacerbate chronic diseases and decrease quality of life. In answer to the question "How can older adults prevent falls?," the CDC notes, "It is important that exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good."

Jan McIntire, CRI Senior Advisor, says, "Canyon Ranch Institute emphasizes the integrative health approach that addresses the health of the entire person – body, mind, spirit, and emotion. We

advance health literacy and prevention through all of our partnerships and programs. We're delighted that a global leader such as Dr. Paul Lam is sharing his expertise with CRI and our home community here in Tucson."

**Location:** Mel and Enid Zuckerman College of Public Health, University of Arizona,  
1295 N. Martin Ave., Drachman Hall, Room A-114

**Date:** Wednesday, October 7, 12 p.m.

**This event is free of charge and open to the public.**

**About CRI Visiting Scholar Paul Lam, M.D.**

Born of Chinese parents who lived in Vietnam, Dr. Lam traveled to China as a small child to live with his grandmother. He suffered severe physical and emotional abuse throughout his childhood as a result of the prevailing prejudices of the Mao Zedong-led Communist party. While in his late teens, he escaped to Hong Kong and eventually Australia where he struggled to learn a new language, adapt to an entirely different culture, and restart his education. While earning his medical degree, Dr. Lam began to search for ways to reduce the effects of arthritis and other health problems caused by the abuses and starvation that he experienced during childhood. He found relief through the practice of tai chi, which led to his life's work as a family physician and tai chi master.

**About Canyon Ranch Institute**

Canyon Ranch Institute catalyzes the possibility of optimal health for all people by translating the best practices of Canyon Ranch and our partners to help educate, inspire, and empower every person to prevent disease and embrace a life of wellness. Canyon Ranch Institute is a 501(c)3 non-profit public charity. More information is available at [www.canyonranchinstitute.org](http://www.canyonranchinstitute.org), on Twitter @CRIhealthyworld, on Facebook, and on LinkedIn.

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