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May 26, 2013 Seated Tai Chi for Arthritis developed by Dr. Paul Lam.

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Overall, I would highly recommend this video, Seated Tai Chi for Arthritis: 6 lessons with Dr. Paul Lam. Many individuals with health issues will find this DVD useful

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Seated tai chi for arthritis - 6 lessons with dr

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Tai chi balance - god first, then tai chi - the

In addition, in 2011, he seated Tai Chi for Arthritis Fall Prevention as well as Tai Chi for Arthritis (TCA).

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