

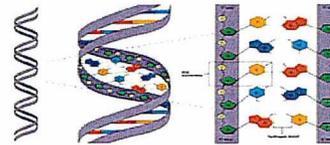
UEWM is one of the leaders in medical research and practice in traditional Chinese Tai Chi and Qigong to cure diseases and improve medical conditions. Teaming up with doctors and researchers in major medical schools around the world, such as the Harvard Medical School, the Benson and Henry Institute in Massachusetts General Hospital, the Tufts Medical School, the Shenzhen University of China, and the Chinese University of Hong Kong, the International Medical Tai Chi and Qigong Association ( iMTQA) was formed in October 5th 2018 at the Massachusetts General Hospital, Boston. Oct 5 has been a historical and excited day for all the Tai Chi/Qigong experts, scholars, researchers, clinicians and medical doctors. The iMTQA was initiated by a group of doctors from Harvard Medical School who see the potential and importance of using Tai Chi/Qigong for treating medical and mental conditions. The purpose of iMTQA is to promote Medical Tai Chi and Qigong practice in Western medicine, to provide a venue to address proposed iMTQA accreditation standards, and to provide a forum for exchange of scientific knowledge.

During the two-day Inaugural Meeting of iMTQA starting Oct 5th, 2018 at Massachusetts General Hospital in Boston, Dr Albert Yeung, MD, ScD, Assoc, Prof, Harvard Medical School, the Vice President of iMTQA, gave the “Welcome and Opening Ceremony”. Dr. Greg Fricchione, MD, Director of Benson and Henry Institute, Massachusetts General Hospital, Professor, Harvard Medical School, gave the opening keynote - Mind, Body and Medicine. It followed by Keynote speech “Tai Chi for Musculoskeletal Pain and Well-being” by Chen Chen Wang, MD, Professor, Tufts Medical School, Boston. After Dr. Yeung’s keynote speech on “Clinical Application of Taichi Qigong for Mental health, two more presenters from Shenzhen University and the Chinese University of Hong Kong were presenting “Tai Chi and Qigong for Psychological Well-being of College Students” and “Health Benefits of Tai Chi.” Dr. Ying Qiu Wang of UEWM presented a keynote speech on “Tai Chi Qigong Research and Education in UEWM.” Dr. Chi-hsiu D Weng, PhD, UEWM, held an one-hour workshop with presentation on “Tai Chi for Injury Prevention from Falls.” During the workshop, our professor Wei Lou, and Dr, Wang and their students Lilian Ma and Amy Yang demonstrated the Tai Chi moves for safety landing and turns during an unexpected fall. UEWM’s presentations in the two-day event had gotten many people’s attentions. They have had many side discussions with Dr. Weng and Dr. Wang and exchanging of ideas and contact information.

On the first day of the conference, there was a dinner meeting from 7:00 to 9:00PM where Dr. Oh, the CEO of iMTQA discussed accreditation standard guidelines and the role of the iMTQA certification and accreditation committee is to implement consensus guidelines to certify individual Medical Tai Chi and Qigong practitioners and to accredit the curriculum of certifying agencies and educational institutions. He also announced that the next year’s iMTQA conference will be hosted by UEWM in San Jose, California.

# MEDICAL TAI CHI & QIGONG

FROM ANCIENT ART TO MODERN MIND-BODY MEDICINE



## INTERNATIONAL MEDICAL TAI CHI AND QIGONG ASSOCIATION INAUGURAL CONFERENCE

Co-hosted by the Benson-Henry Institute for Mind-Body Medicine at MGH  
and the MGH Chinese Scientists and Staff Association

**OCTOBER 5-6, 2018**

Simches Research Center, 185 Cambridge St, 3<sup>rd</sup> floor, Massachusetts General Hospital, Boston, MA, USA

### Keynote Speakers

Professor Greg Fricchione, MD, Director of Benson and Henry Institute, Massachusetts General Hospital, Harvard Medical School, Boston, USA – Tai Chi Qigong in Mind-Body Medicine

Professor Chen Chen Wang, MD, Tufts Medical School, Boston, USA -Tai Chi for Musculoskeletal Pain and Well-being

Professor Albert Yeung, MD, Director of Primary Care Research at the Depression Clinical & Research Program, Massachusetts General Hospital, Harvard Medical School, Boston, USA – Clinical Application of Tai Chi Qigong for Mental health

Professor David Rosenthal, MD, Harvard Medical School, Boston, USA –Role of Tai Chi Qigong in Integrative Oncology

Professor Emeritus Penelope Klein, PT, EdD, D'Youville College, NY – Curriculum for a 12-credit Certificate in Medical Qigong: New York State Education

Professor Stanley Sai-chuen Hui, FACSM, The Chinese University of Hong Kong, Hong Kong -Health benefit of Tai Chi

Professor XiaoRong Chen, PhD, Shenzhen University, China -Tai Chi and Qigong for Psychological Well-being of college students

Dr Paul Lam, MD, University of New South Wales, Tai Chi for Health Institute, Australia - Instructor's Accreditation - What, Why and How?

Massimo Bonucci, MD, President of ARTOI, Professor, Villa Anna Maria Hospital, Rome, University of Chieti, Italy -Role of Qigong in integrative oncology in Italy

Ying Qiu Wang, MD, Director of the Center of Research and Development, Professor, University of East-West Medicine - Tai Chi Qigong Research and Education in UEWM

CJ Rhoads, D.Ed. Professor, Kutztown University, Pennsylvania - Economic Issues of Integrative Medicine & Healthcare

Professor Byeongsang Oh, PhD, Sydney Medical School, Australia, and University of East-West Medicine, CA, USA - New Chapter of Tai Chi Qigong Medicine in History

And more speakers

### Conference registration and payment:

|                                    |                    |                   |
|------------------------------------|--------------------|-------------------|
| Standard fees                      | \$250 for two days | \$150 for one day |
| Early bird discount (by 8.31.2018) | \$230 for two days | \$130 for one day |
| Student special                    | \$100              |                   |

For registration and payment, please visit [www.imtqa.org](http://www.imtqa.org) for more information.



**BENSON-HENRY INSTITUTE  
FOR MIND BODY MEDICINE**



**Harvard Medical School  
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Sponsored by the University of East-West Medicine (UEWM)  
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