

# **Testimonial from Toa Payoh RC**

## **1. Lindy Chien & Chung Keen Meng, Toa Payoh North Zone 2 RC**

She never give up on any student. Patient teaching, repeating tirelessly. Doing social work returning to society - Parkinson Society Singapore.

No pressure in the lessons so students are never put off. Selfless teacher, not doing it for glory. Mentor trainers to help spread the teaching of the tai chi programme so that more can help teach the benefits of tai chi.

Tireless organiser, not just provides usual tai chi lessons, also bothers to organise outings to provide learning experiences & exposure that we normally do not have. Has the vision to spread the benefits of tai chi. Inspired a core group of volunteers. Passionate about spreading tai chi for health programme. If successful will benefit the ageing population of Singapore.