

PRESS RELEASE

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Tai Chi School of Westchester announces instructor Nicola Briggs will present an abstract at the 15th International AIDS Conference in Bangkok, Thailand

NEW YORK, NY and BANGKOK, Thailand - April 27, 2004 /Send2Press Newswire/ -- The Tai Chi School of Westchester in Bronxville, New York announces that Head Instructor Nicola Briggs will be presenting her abstract : "The use of Tai Chi as a therapeutic modality to improve the quality of life in persons living with AIDS and substance abuse" at the 15th International AIDS Conference in Bangkok, Thailand July 12-16, 2004.

Ms. Briggs will be presenting her abstract with the assistance of instructors Dr. James Horne and Robert Kaczmarek.

Tai Chi, as a health system, needs to be explored and researched as a modality that may benefit individuals having serious health concerns especially when they may not be able to effectively use other approaches.

The Tai Chi School of Westchester is currently researching using Tai Chi as an adjunct to traditional western medical modalities in several hospitals and rehab settings, including working with children (ademographic usually overlooked in Tai Chi classes). This information needs to be clinically researched and carefully documented so that it may be clearly presented in an acceptable form to the medical community, as well as to the general public, as a complementary resource available cost-effectively.

Public presentations, like Ms. Briggs', will continue to increase public awareness and interest in Tai Chi and stimulate further studies to continue to advance the art and utility of Tai Chi as a therapeutic modality.

For additional information, please visit: <http://www.taichischool.com>

Media contact:  
Domingo Colon  
of Tai Chi School of Westchester  
+1-914-771-7320  
[sifu@taichischool.com](mailto:sifu@taichischool.com)

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