

Presenters, Performers & Instructors Bios

Grandmaster Shou-Yu Liang
Grandmaster Liang started his traditional Emei Kungfu & Qigong training with his grandfather in 1948. He began his study & research in the few major styles of Taiji and Taoist Qigong. He has been featured many times on international television networks including CCTV, CNN, Discovery Channel and other worldwide TV networks.

Annabel Fisher

Annabel was diagnosed with Chronic Fatigue Syndrome in 2003, had been bed bound and used wheelchair. She will demonstrate Emotional Freedom Technique (EFT) which is a gentle & safe process, easy to memorize and use and results are usually permanent. EFT is a form of "psychological acupuncture" without the needles, but tapping with two fingers on specific energy meridian points to clear blockage & neutralize emotional charge for health & wellbeing.

The Canadian Institute for the Relief of Pain & Disability (CIRPD)

An important objective of the CIRPD is to provide credible "evidence-based" resources to empower people with chronic pain, impairments and disability; and assist them to live healthy and productive lives.

INVISIBLE ILLNESS AWARENESS WEEK

RCD is presenting a week of wellness based, empowering and educational activities to provide awareness through the Invisible Illness community, service & health care providers and the general public at large.

"We Are Visible"

Parking Lot Party & Video Launch

Tuesday, September 11, 2012
12-2 p.m. at RCD
(100-5671 No. 3 Rd. Richmond)
Free Hotdog!

"We Are Visible"

Pub Night & Pre-Show Mixer

Wednesday, September 12, 2012
5-7 p.m. at Ceili's Irish Pub
(7311 Westminster Hwy. Richmond)
\$12 per ticket

"We Are Visible Even After Dark"

Performing Arts Presentation

Wednesday, September 12, 2012
7-9 p.m. at Ralph Fisher Auditorium
Richmond General Hospital
(7000 Westminster Hwy. Richmond)
\$ 8 per ticket

Pub Night & Show Combo - \$15

Richmond Centre for Disability



Presents

INVISIBLE ILLNESS AWARENESS WEEK

**September 10-14
2012**

**A week of activities to
heighten awareness,
promote self care & self
help, highlight
empowerment &
participation**

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Master Byeong Geun Park
Master Park is an internationally certified Master Instructor in Taekwondo holding a 5th Dan Black Belt. He also holds Black Belt rank in Hapkido from the World Hapkido Federation. In addition he is one of the few instructors who hold a Teaching License as a 'Disability Taekwondo Instructor' from the World Taekwondo Headquarters in Korea.

Nish Thaver, BSc, BEd

Nish is the founder of Young Mind Body Spirit, providing wellness services for children & adults. She is a Certified Reiki Practitioner and a Certified Laughter Yoga Leader & Kids Yoga Instructor.

Yvette Lu

An actor, writer, musician, filmmaker, and family physician, Yvette is often likened to a modern day renaissance woman. Her goal is to create projects that are entertaining and that also illuminate the human experience. Yvette will be performing her one woman monologue play about navigating through chronic illness for the "We are Visible Even After Dark" Performing Arts Presentation.

ACTIVITIES	MONDAY Sep 10	TUESDAY Sep 11	WEDNESDAY Sep 12	THURSDAY Sep 13	FRIDAY Sep 14
10 a.m. WAKE UP & GET NETWORKING FOR YOUR HEALTH	Stretching with Master Park & Special Guests	Stretching with Master Park & Special Guests	Stretching with Master Park & Special Guests	Stretching with Master Park & Special Guests	Stretching with Master Park & Special Guests
11 a.m. WELLNESS ACITIVITY	Laughter Yoga with Nish of Young Mind Body Spirit	Qi-Gong Introduction Warm Up & Breathing 12-2 p.m. “WE ARE VISIBLE” Parking Lot Party Free BBQ, Music Performance, RCD Promo Video Launch	Medical Qi-Gong Basics by Grandmaster Shou-Yu Liang	Chair Tai Chi Presented by the Vancouver Taoist Organization	Laughter Yoga with Nish of Young Mind Body Spirit
12:30 p.m. LEARNING AT LUNCH	Rieki Demo by Nish of Young Mind Body Spirit	Massage Therapy Association of BC – Specific Treatments for Invisible Illness	Arthritis 101 – An Intro/Info Session on Arthritis	Living Well with Chronic Health Condition – Self Management Course Demo	On the Horizon: New Research on Pain Relief by CIRPD
1:30 p.m. ENRICHMENT PRESENTATION	Diet/Eating for Pain Reduction and Energy	9 Lives Adventures – Totally Accessible Tours	Gadget Hour by Dave of RCD – Innovation, Invention & Gadgets for Improving Daily Life	Emotional Freedom Technique (Tapping) Demo by Annabel Fisher	How Close are You to Employment? By RCD Resources for Career Development
2:30 p.m. “TAKE A BREATH & REALLY ENJOY IT” STRESS REDUCTION ACTIVITIES	Guided Imagery & Breathing Practice	Listen, Breath, Relax	Guided Imagery & Breathing Practice	Affirmations & Positive Thought	Guided Imagery & Breathing Practice
3:30 p.m.	Networking & RCD Mini Open House	Networking & RCD Mini Open House	Networking & RCD Mini Open House	Networking & RCD Mini Open House	Networking & RCD Mini Open House
SPECIAL EVENING EVENTS			5-7 p.m. “WE ARE VISIBLE” PUB NIGHT & PRE-SHOW MIXER 7-9 p.m. “WE ARE VISIBLE EVEN AFTER DARK” PERFORMING ARTS		