

2022 iMTQA Virtual Conference

October 22, 2022: 10 am to 4 pm EST.

TAI CHI & QIGONG: Power of the Past, Pathway to the Future

SESSION 1: Opening remarks and keynote

10:00 am-10:20	Invited Guest speaker from <u>D'Youville University Health HUB</u> Joe Baumgarden, DPT , <u>D'Youville University Health HUB</u> CEO and Co-Chair, <u>iMTQA 2022 Virtual Conference Committee</u> Albert Yeung, MD, ScD Associate Professor, Harvard Medical School, Massachusetts General Hospital Honorary President of <u>iMTQA</u> Byeongsang Oh, PhD , Associate Professor, Faculty of Medicine and Health, University of Sydney, Australia President of <u>iMTQA</u>	
10:20 am-10:50 Keynote	Potential Mechanisms of Tai Chi and Qigong on Mental Health and Well-being	Albert Yeung, MD, ScD Associate Professor, Harvard Medical School Director of Primary Care Research at the Depression Clinical & Research Program, Massachusetts General Hospital Honorary President of <u>iMTQA</u>
10:50 am-11:20 Keynote	Current Challenges and Future Direction of <u>iMTQA</u>	Byeongsang Oh, PhD , Associate Professor, Faculty of Medicine and Health University of Sydney, Australia President of <u>iMTQA</u>

SESSION 2: TQ Research - Clinical Trial

11:20 am-11:50 20 min presentation 5 min TQ demonstration 5 min Q/A	An efficacy trial of Qigong exercise on non-motor symptoms in people with Parkinson's disease	Wen Liu, Ph.D. Director of Neuromuscular Research Laboratory Department of Physical Therapy & Rehabilitation Science University of Kansas Medical Center Co-Chair, <u>iMTQA 2022 Virtual Conference Committee</u>
11:50 am-12:20 pm 20 min presentation 5 min TQ demonstration 5 min Q/A	Effects of 12-week Tai Chi program on physical function, depression, and quality of life among cognitively impaired older adults: A feasibility study	Rhayun Song, RN, PhD Professor, College of Nursing Chungnam National University, South Korea
12:20 pm-12:50 20 min presentation 5 min TQ demonstration 5 min Q/A	Inclusion of Tai Chi / Qigong into an Extracurricular Mixed Mindfulness Activities Program for Children	Roy W. Geib, Ph.D. Professor Emeritus Alvin S. Levine Professor Emeritus of Microbiology & Immunology Indiana University School of Medicine - Terre Haute

12:50 pm-1:20pm

Lunch break

1:20pm – 1:50 20 min presentation 5 min TQ demonstration 5 min Q/A	Effects of Tai Chi on Psychological Stress and Cardiovascular Function in People with Coronary Heart Disease and/or Hypertension: A Randomised Controlled Trial	Guoyan (Emily) Yang, MMed, PhD Research Support Program Fellow NICM Health Research Institute Western Sydney University, Australia
1:50pm-2:20 20 min presentation 5 min TQ demonstration 5 min Q/A	A Telehealth-Delivered Tai Chi Intervention (TaiChi4Joint) for Managing Aromatase Inhibitor-Induced Arthralgia in Patients With Breast Cancer During COVID-19: Longitudinal Pilot Study	Kuang-Yi Wen, PhD Associate Professor Department of Medical Oncology Thomas Jefferson University, Philadelphia

SESSION 3: Current evidence and clinical application

2:20pm- 2:50 20 min presentation 5 min TQ demonstration 5 min Q/A	Know The Evidence: Scientific Summary of Tai Chi & Qigong Support	CJ Rhoads, D.Ed. Professor, Kutztown University, Pennsylvania Treasurer of <u>iMTQA</u>
2:50pm-3:20 20 min presentation 5 min TQ demonstration 5 min Q/A	Blended Teaching of Tai Chi Exercise	Paul Lam, MD Director, Tai Chi for Heal Institute, University of New South Wales, Australia
3:20pm-3:50 20 min presentation 5 min TQ demonstration 5 min Q/A	An Innovative Tai Chi and Qigong Telehealth Service in Supportive Cancer Care During the COVID-19 Pandemic and Beyond	Byeongsang Oh, PhD , Associate Professor, Faculty of Medicine and Health University of Sydney, Australia President of <u>iMTQA</u>
3:50pm-4:00	Closing remark	Joe Baumgarden, DPT <u>D'Youville University Health HUB</u> CEO, <u>iMTQA</u>