

Here are some of the videos I've found for Tai Chi for Diabetes. Some of them are really just informational while others are actual demonstrations.

[TAI CHI for diabetes info](#)

[Dr Lam Tai Chi for diabetes Info](#)

[TAI CHI for diabetes demonstration- Silver Lotus](#)

[Tai Chi for Diabetes Front Demo by Jane](#)

[Tai Chi for Diabetes Demo in the jungle- back view](#)

[Tai Chi for Diabetes- playlist \(multiple videos breaking down the sequence\)- Beachside Qigong and. Tai Chi](#)