



TAI CHI CLASS


Come along to our monthly Tai Chi sessions

The first Monday of every month
From 1:15pm – 2:15pm

Tai Chi combines deep breathing and relaxation and has been proven to help older people to reduce stress, improve posture, balance and mobility, and helps to reduce falls

Cost **£4** per session

For further details or to book, please ask at reception or call **01925 593800**



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