

TAI CHI IN THE PARK

Are you over 65, looking to improve your strength, flexibility and more?



The gentle movements of regular tai chi practice can improve your strength, flexibility, and range of motion, as well as decrease the effects of common degenerative diseases such as arthritis.

The mental discipline required to practice tai chi properly can also decrease stress and can improve cognitive function. Tai chi practice can give you mental clarity, improve your logical thinking and ability to do things in an efficient way.

When

Classes are every
Tuesday and Wednesday
7:45 am to 8:45 am

Where

Jubilee Reserve
56 Railway Parade
Lakemba NSW 2195

Cost: Free

What to bring: Water bottle and wear comfortable clothes

Participants must be registered with My Aged Care.
We can help with this.

For more information call **Alison** on **9750 9344**



Canterbury City
Community Centre
Community Building Community