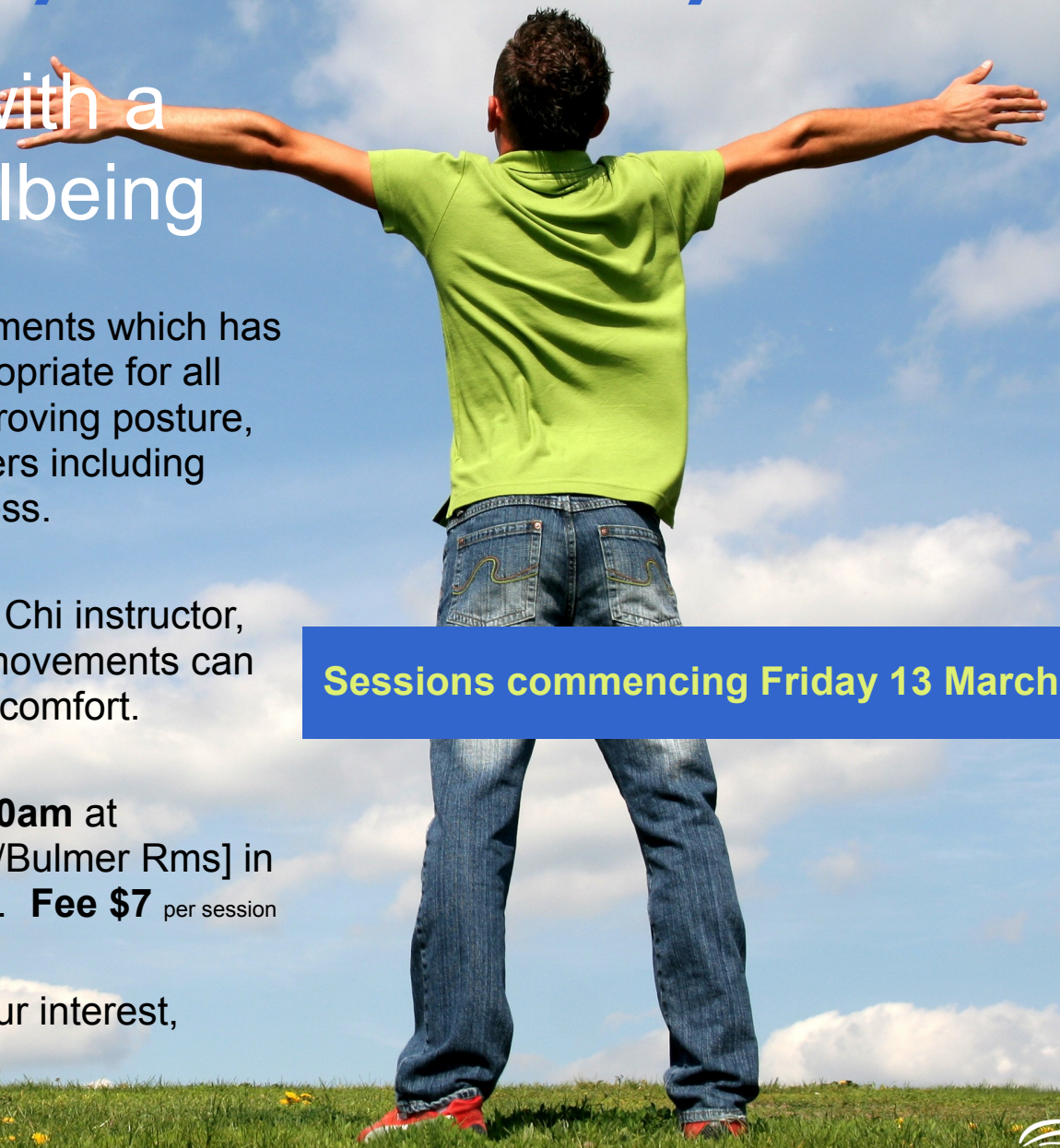
refresh and renew your mind, body and soul

Start Friday mornings with a journey into holistic wellbeing



Tai Chi is an exercise of slow controlled movements which has proven to have many health benefits. It is appropriate for all ages and fitness levels and is beneficial in improving posture, flexibility, strength and helps a range of disorders including anxiety, arthritis, fatigue, joint stiffness and stress.

Our sessions are lead by Irene, our trained Tai Chi instructor, and are suitable for all ages and abilities and movements can be adapted to suit you if they cause pain or discomfort.

Sessions commencing Friday 13 March 2015

Sessions run every **Friday** from **9.30am - 11.30am** at Gippsland Lakes Community Health [Bakewell/Bulmer Rms] in Lakes Entrance and include light refreshments. **Fee $7** per session

To find out more about Tai Chi or to register your interest, please contact **Irene** on **5155 8397**.

gippsland lakes community health