

TAI CHI FOR MOBILITY

at the EDWARD DUNN MEMORIAL HALL, MALTBY
Thursdays 11.00-12.30 starting July 2011



Tai Chi is a form of gentle and slow exercise which helps to develop effective use of the body and improves general health and well-being.

It helps to improve muscle tone, mental focus, co-ordination and balance, general levels of vitality, increased flexibility and spatial awareness. The NHS now recommends Tai Chi for helping to prevent falls.

Tai Chi is suitable for any age or level of fitness and exercises are done without straining the body and can be adapted to suit individual needs.

No special clothing or equipment is required and you can start at any time.

Just turn up to the session or for further information contact David Lipka on (0114) 2496511 or 07989 928 675.

SureHealth
Encouraging & Supporting Wellbeing for All

£4.00
per session