



Tai Chi for Health Free trial session!

**11.15am Thursday 29 August
Dalkeith Hall, Waratah Ave, Dalkeith**

Studies show that Tai Chi can help reduce pain and stiffness while gently exercising muscles and joints. Be guided by a fully qualified instructor who is trained to ensure the movements are safe for all participants and will help you develop strength and coordination of the body and mind in a fun and safe environment.

No cost, to book or for more information please call 9386 6170. This is an activity for over 55's in the City of Nedlands.

