



Tai Chi For Health

A gentle form of exercise that is relaxed and slow in tempo designed to:

- ◆ Increase flexibility
- ◆ Build muscle strength
- ◆ Help with pain
- ◆ Improve balance
- ◆ Improve mood



Where is Tai Chi for Health?

Cheshunt Hall
Tuesdays: 1:30pm

King Valley Learning
Exchange Moyhu
Tuesdays: 11am

Gateway Health Myrtleford
Thursdays: 10:30am



What do I pay?

\$10 per session

\$5 subsidised fee
based on eligibility



How do I join in?

Registration essential

To register or ask a
question contact:

T: (03) 5723 2000

Anyone can attend these
sessions



Also available:

Tai Chi for Diabetes in Wangaratta

Tai Chi for Arthritis and Osteoarthritis (beginners) in Wangaratta