

Tai Chi For Health and Falls Prevention 2019

Tai chi for Health and Falls Prevention is an **8 -week beginners program**, designed to improve strength, flexibility and balance. This program aims to assist in reducing falls.

Venue: Kaleen Community Hall - 28 Georgina Cres, Kaleen

When: Monday 11th February —Monday 8th April

Time: 11.45 am—12.30pm

Members: \$40 per term **Non Members:** \$80

Venue: Building 18, 170 Haydon Drive, Bruce

When: Saturday 2nd February—Saturday 30th March

Time: 9.30am—10.15am

Members: \$50 per term **Non Members:** \$90

Hydro Tai Chi

Venue: The Canberra Hospital- Yamba Drive, Garren

When: Wednesdays (commencing 6th February)

Time: 9.00 am—9.45am

Cost: \$10 per class (WWX registration essential)



To Register: contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041

