



Tai Chi

Weekly sessions for Intermediate level participants

Tai Chi's slow, gentle and tranquil set of movements enables harmony in mind and body.

It strengthens physical and mental well-being by:

- improving balance
- flexibility
- muscle strength
- energy
- coordination
- And mental awareness.

Come along and begin a journey of discovery, meet new people and learn the art of Tai Chi in a relaxed and fun way.

Please wear comfortable clothing, being barefoot is recommended but you can also bring socks or soft shoes.

For more information or to register, please contact:

infojoondalup@whfs.org.au or call 63305400



womens health
& family services

Intermediate Tai Chi

Tuesdays
12 Jan – 16 April
2021

10:30-11.30am

Joondalup Lotteries
House: Suite 6
70 Davidson
Terrace, Joondalup

Cost: \$110
9 sessions

**Womens Health &
Family Services**
www.whfs.org.au