



# Tai Chi

Weekly Tai Chi sessions for beginners

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](mailto:infojoondalup@whfs.org.au) or call 9300 1566



womens health  
& family services

**Beginners Tai Chi**

**Tuesdays**

**10 May - 21 July  
2022**

**9am-10am**

**Joondalup Lotteries  
House: Suite 6  
70 Davidson  
Terrace, Joondalup**

**Cost: \$90**

**7 sessions**

**Womens Health &  
Family Services**  
[www.whfs.org.au](http://www.whfs.org.au)