



# 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.

To **register your interest or for more information** please contact: [infojoondalup@whfs.org.au](mailto:infojoondalup@whfs.org.au) or call 9300 1566



womens health  
& family services

Beginners Tai Chi

Tuesdays

2022

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