

Tai Chi Classes 2019 – Term 1 Dates

Arthritis ACT offers Tai Chi for Health & Falls Prevention programs.

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. It is a low impact exercise that improves strength, flexibility and balance.

Term 1

Date Commencing	Date Ending	Time
Monday 11 th February	Monday 1 st April	11.45am - 12.30pm Kaleen Community Hall, 28 Georgina Cres
Saturday 2 nd February	Saturday 30 th March	9.30am - 10.15am 170 Hayden Drive Bruce

Cost: Members: \$50 per term Non-members: \$90.00 per term

Note: A term usually consists of 7-8 classes depending on school holidays.

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