

# 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 6th May —Monday 24th June

**Time:** 11.45 am—12.30pm

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

**Venue:** Building 18, 170 Haydon Drive, Bruce

**When:** Saturday 27th April—Saturday 29th June

**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 1st May)

**Time:** 9.00 am—9.45am

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



**To Register:** contact Arthritis ACT on  
[info@arthritisact.org.au](mailto:info@arthritisact.org.au) or phone 1800 011 041

