

Bracknell Tai Chi

Every Friday morning 10 am to 11 am

Great Hollands Community Centre

Great Hollands Square

Bracknell

RG12 8UX



**Gentle exercise to improve balance,
coordination and muscle strength
Come along and make new friends too!**

**Age UK Berkshire supported by
Bracknell Forest Council**

£5.00 per session, no need to book

For further info call 0118 959 4242

or email

Info@ageukberkshire.org.uk