

Tai chi for the over 50s

Tuesdays

11.00 am to 12.00 pm

Great Hollands Community Centre

The Square, Great Hollands, Bracknell, RG12 8UX

**Gentle exercises to improve balance,
coordination and muscle strength**



Refreshments Included

Come along and make new friends too!

£5 per session—First session FREE

Contact Age UK Berkshire

Active Living Coordinator

0118 959 4242

Info@ageukberkshire.org.uk

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