

Tai chi for the over 50s

Two Wednesday Sessions

9.45 am to 10.45 am

11.00 am to 12.00 am

St Barnabus Church Hall , Grove Road

Emmer Green, Reading RG4 8RA

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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