

Tai chi for the over 50s

Wednesday 2.00 pm to 3.00 pm

Christ the King Church

408 Northumberland Avenue

Reading RG2 8NR

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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