

REDDITCH TAI CHI CLASS



NEW START TIME

Thursdays

1.00-2.00pm

Ecumenical Centre

6 Evesham Walk B97 4EX

- From **Thursday 19th October**, Age UK BRWF's Tai Chi class at the Ecumenical Centre (Redditch) will be moving to a new, earlier start time of **1.00pm!**
- All other information about the class remains the same:
 - **Thursdays at the Ecumenical Centre**
 - **£4 a session**
 - **Just a new start time of 1.00pm!**
- With its gentle movements, Tai Chi has been shown to have a positive effect on muscle strength, flexibility and balance, in addition to supporting wellbeing
- There is no need to book, so why not come along and give it a try!



For more information please contact our Activities Coordinator