

AGE UK BRWF TAI CHI CLASS



Mondays
11am-12pm
Catshill Village Hall

- 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
- Age UK BRWF already has an established and popular Tai Chi Class in Redditch. Thanks to funding from the Bromsgrove Social Prescribing Community Fund, from 25th September, Age UK BRWF is starting a new **Tai Chi Class in Catshill!**
- This new class will be run by local Tai Chi Instructor, Steve Taylor
- If you are interested in joining Steve for our new class please come along (from 2nd October):
 - **Mondays (11am-12pm)**
 - **Catshill Village Hall (B61 0JZ)**
 - **£4 a session**



For more information please contact our Activities Coordinator