



SIT, STAND, WALK, TALK - TAI CHI FOR WELLBEING

FREE PROGRAMME FOR OLDER ISLINGTON RESIDENTS
LIVING WITH LONG-TERM HEALTH CONDITIONS

Tuesday 24th January 2023

Our free **'Sit, Stand, Walk, Talk - Tai Chi for Wellbeing'** programme has been specifically designed for older Islington residents living with long-term and debilitating health conditions to help improve their physical, mental and social wellbeing.

Funded by Islington Council, the programme offers weekly group classes at our Studio in Finsbury Park and online via Zoom teaching gentle therapeutic movement, breathing exercises and meditation based on the traditional Chinese practices of Tai Chi and Qi Gong.

The evidence-based practices can be done standing or seated and are achievable for those in pain, with mobility and respiratory issues and more, who are often unable to do other commonly prescribed exercises because of their condition.

Those already taking part find the practices improve their balance, increase strength and mobility, relieve joint and muscle pain, and help with feelings of anxiety. They also learn skills necessary to engage and empower them in their own health and wellbeing.

At a time when many older residents in Islington are experiencing isolation and financial hardship, the programme also offers social connection, friendship and community in a safe and welcoming neighbourhood space and is free of charge.

Residents can sign up for the programme through the dedicated website. Once they have registered they can access the Members Area, book in for their classes and enjoy a series of online instructional films that guide them through the core movements.

www.sitstandwalktalk.org.uk

For more information about the programme, including class times and locations, visit the website or contact our administrator Matt Cooper - matt@wustyle.uk.com



Wu Shi Taiji Quan
& Qi Gong Association

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