



Volunteers Needed!

Do you want to feel good inside and out?

Age UK Somerset are seeking volunteers to train in and then lead Tai Chi QiGong sessions in Somerset. No previous experience necessary, but a knowledge of tai chi or a background in leading or talking to groups is advantageous.

- ✓ Train with us to learn how to be a Tai Chi Shibashi instructor. Workshops are being held on 6th and 20th June 2022.
- ✓ Volunteer with us to improve the health and wellbeing of older people in your area.

If you have an interest in Tai Chi, can spare an hour a week to volunteer with us and have a passion for improving the health of older people then please contact us to find out more.

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