

The Wellbeing Hub



Age UK Waltham Forest and Walthamstow Academy are working in Partnership to provide a range of activities for people over 50. One of the activities on offer is Saturday morning Tai Chi. Classes are run by an experienced tutor.

The health benefits of Tai Chi are widely reported, they include a positive effect on muscle strength, flexibility, and balance. Tai chi can be easily adapted for anyone, from the most fit to those recovering from surgery.

If you would like to book for these classes please fill in the short form below and return it along with your payment to:

Emma Tozer, Age UK Waltham Forest, Waltham Forest Resource Hub (North), 58 Hall Lane, Chingford E4 8EU Telephone: 0208 558 5512 email info@ageukwalthamforest.org.uk



Registration Form for Saturday Tai Chi at Walthamstow Academy – Starts at 11am (to be completed by everyone attending)

Age UK Waltham Forest needs to be able to provide basic monitoring details for funders and partners (number of people attending weekly, gender, ethnic background etc). Please be assured we only provide basic overall statics and your contact details will remain confidential. We would be grateful if you would complete the information below

Title		First Name		Last Name	
Address					
				Postcode	
Telephone			Email		
Date of Birth		Ethnic Background			

I would like to enrol for Saturday Morning Tai Chi at Walthamstow Academy. Classes cost £7 per week payable in advance in 4 week blocks. Please indicate below which date you would like to begin your first tai chi lesson

I would like to start my tai chi on

DAY/DATE	MONTH
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 my payment covers me for 4 consecutive weeks. I have enclosed my payment of **£28**

Please return with your payment to

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If you do not have a cheque book we can take credit or debit card payments. In this instance please return your form and tick here ☐ for us to call you to take payment over the telephone