



Chair Based Tai Chi

Wednesday 1.30pm-2.30pm

Meadowcroft Wellbeing Hub

Gentle, flowing movements that can be done while seated, making it perfect for all abilities. This relaxing exercise improves flexibility, balance, and well-being through slow, mindful motion and deep breathing. Join us to calm the mind, strengthen the body, and boost your energy, all from the comfort of a chair.

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and **Embrace New Experiences**
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For further information, please contact:
Wellbeing Services
0151 482 3456 | ageukwirral.org.uk

£5
per
Session