

TAI CHI FOR HEALTH AND WELLBEING



VIRTUAL CLASSES

Join us from the comfort and safety of your own home and feel the benefits of this gentle exercise.

The various classes available are:

Saturday 16 January at 10 am - 11 am for 8 weeks

Monday 25 January at 11 am - 12 pm for 7 weeks

Wednesday 27 January at 10 am - 11 am for 7 weeks

No Previous Experience Necessary

Take time out to learn a basic form of Tai Chi. This gentle form of exercise is suitable for most people. Tai Chi can help to improve balance, flexibility and muscle strength as well as reduce pain and stiffness.

**SCOTLAND
VERSUS
ARTHRITIS**

Would you like to participate?

Email: livewell@versusarthritis.org

or call the Scotland Office:

0141 954 7776