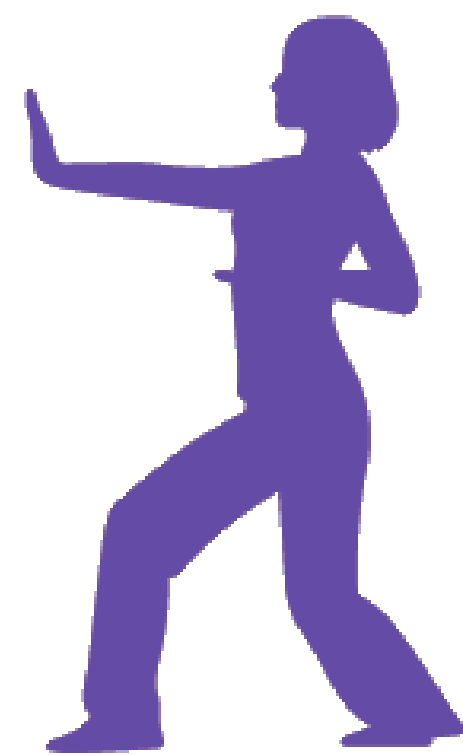


TAI CHI FOR HEALTH AND WELLBEING



VIRTUAL CLASSES

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

Starting Saturday 16 January 2021 for 8 weeks the various classes available for **returning students only** are:

1.30pm - 2.30pm

3.30pm - 4.30pm (Seated Tai Chi)

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