

# Tai Chi with Lynda Ward



**Tai Chi** is designed to create a journey of health & wellbeing. Starting with basic movements that will enhance posture, calmness & balance, it will also help **improve memory & cardiovascular health** through movement & mindful breathing techniques. Designed to assist with **arthritis, falls prevention** or other chronic health conditions.

*This is a trial 4 week class which will extend if enough interest*

**Thursdays 5 - 26 February**  
**10 - 11am at The Yarra Glen Living & Learning Centre**  
**Fee: \$60 + annual membership**

**Yarra Glen & District Living & Learning Centre 12-14 Anzac Ave Yarra Glen**  
For bookings Phone: 9730 2887 Email: [ygdllc@bigpond.com](mailto:ygdllc@bigpond.com)  
[www.yarraglen.com/livingandlearning](http://www.yarraglen.com/livingandlearning)