

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
www.yarraglen.com/livingandlearning