Discover Health 50+ GATESHEAD OLDER PEOPLE'S ASSEMBLY



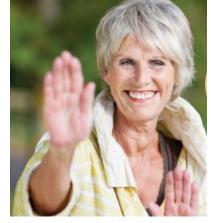
Gentle Tai Chi Taster Sessions: Seated or standing behind a chair

Tai Chi is a holistic martial art seeking to use internal energy ('Chi') for good health, selfdevelopment and self-defence. It concentrates on slow, relaxed, flowing movement. This makes it adaptable to many levels of health and fitness.

Moderate practice can amongst other things:

- Reduce blood pressure
- Increase bone density
- Increase strength and range of motion in joints
- Lighten your mood





Tuesday 12th September, 1-2pm at Deckham Village Hall (FREE taster)

Tuesday 19th September, 1-2pm at Deckham Village Hall (£3 per person)

Tuesday 26th September, 1-2pm at Deckham Village Hall (£3 per person)

Tuesday 3rd October, 1-2pm at Deckham Village Hall (£3 per person)

For further information, contact us on 0191 4381721.