

Discover Health 50+



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, self-development 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



We will be hosting a series of Gentle Tai Chi taster sessions on the dates below. If the sessions are popular, they are likely to be a regular activity. If you are interested, please come along!

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.