



WALLINGTON COMMUNITY WELLBEING GROUP

Tai Chi

**You are invited for 5
introductory Tai Chi sessions
at**

**Oaks Way Centre,
Oaks Way Carshalton SM5 4NQ**

Fridays:

**June 9th, 16th, 23rd, 30th & July 7th
at 11 am**

Proven benefits:

Improves mobility, balance & co-ordination

Increases strength & flexibility

Decreases joint pain

Helps reduce high blood pressure

Improves relaxation and sense of wellbeing

Places will be limited so please book by email or telephone

*Keep
Active,
have
Fun
in
Wallington
&
Carshalton*



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**Telephone: 020 8647 3000 / 07770 533000
Email: info@wallington-community-group.org**