



Uniting our Community for a better future.

Seated Tai Chi



“Notch Disability Connect Project”

‘Funded by the Australian Government Department of Social Services.

Go to www.dss.gov.au for more information.’

FREE Tai Chi for Health Gentle Mindful Exercise
Specifically tailored for those with challenges.

At 52 Palm Drive, Deeragun

Bookings Essential: Phone—4751 6511

This health initiative would support those looking for a mindful exercise to relieve stress and improve overall wellbeing and social connection.

Seated Tai Chi is accommodated in these sessions.

Tai Chi is a gentle exercise for the body and mind.

It is suitable for all ages and fitness levels.

Supported by:

