

TAI CHI FOR HEALTH AND TAI CHI FOR HEALTH - BEGINNERS

Sport and Recreation Program



Tai Chi

- Suitable for all levels of fitness
- Improves health and wellness to assist in preventing falls
- Creates strength, balance and improved cardiovascular function
- Modernised Tai Chi that is easy to learn so quick health benefits are gained

Returns in 2020.

*First session Wednesday,
22 January*

Cost:

\$2 per person

Tai Chi for Health and Tai Chi for Health - Beginners

When:

- *Wednesdays: 1:00pm - 2:00pm @ Devonport Recreation Centre (Beginners class)*
- *Wednesdays: 2:00pm - 3:00pm @ Devonport Recreation Centre*
- *Thursdays: 1:00pm - 2:00pm @ Devonport Recreation Centre*

Where: Devonport Recreation Centre (Table Tennis Building), 34 Forbes Street, Devonport

Phone: 6424 4109

Email: council@devonport.tas.gov.au

"This program is helping a great deal of people improve their fitness and balance."

A 2019 participant

