

Physical activities and healthy living

Tai Chi

Activity	Ages	When	Where	Accessibility	Contact
<p>Age UK Somerset – Various classes available</p> <p>Please see timetable in Contact box for full list</p>				<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/
<p>Tai Chi</p> <p>Slow movements performed in a focused and controlled manner</p>	14+	<p>Tuesdays 10.45am</p> <p>Sundays 11.15am</p>	<p>@Worle 58 New Bristol Road Weston-super-Mare BS22 6AQ</p>	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above <p>People with all of the above are welcome, please bring any support staff with you and make instructors aware they're there.</p>	<p>@Worle 01934 886 111</p> <p>Enquiries@worle.org.uk</p> <p>www.worle.org.uk</p>

Get Active in North Somerset

Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
Tai Chi		Wednesdays 7pm to 8.30pm	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Mary 01934 621 184 info@bristoltaichi.org www.bristoltaich.org