



Tai Chi QiGong

seated or standing

Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

Thursdays
2:30pm – 3:30pm

Cost: £6

For more information or to sign up,
please call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk

visit our website: www.ageuksomerset.org.uk

This class is held at:
Kewstoke Village Hall,
Crookes Lane, Kewstoke,
BS22 9XB

Please check class is running prior to attending