

Open to all adults

Beginners Welcome

Mondays 1 - 2pm

at Narellan Child, Family  
& Community Centre  
16 - 24 Queen Street  
Narellan

Cost  
**\$10**  
Per Session



TAI CHI

Tai Chi is a meditative, low impact form of exercise that involves slow and controlled movements. It has many health benefits including improved balance and coordination, strengthens bone density, relieves the effects of stress, helps with arthritis pain, plus much more.



Registration is essential  
Contact Big Yellow Umbrella on

**4647 1283**