



Lloyd  
Park

# Senior Tai Chi Corner

Winner of the Waltham  
Forest Physical Activity  
& Health Project Award  
2013



Tai Chi training for  
people over 50



**Sundays**

**9.30-10.30am**

**Aveling Fields, Lloyd Park**  
Forest Road, Walthamstow, E17

**£3 per session**, plus annual student fee

develop balance    reduce your risk of falling    meet new people  
improve your well-being    perform at local community events

*All abilities welcome – low intensity exercise*

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Dao Lu 道路



**Waltham Forest**