

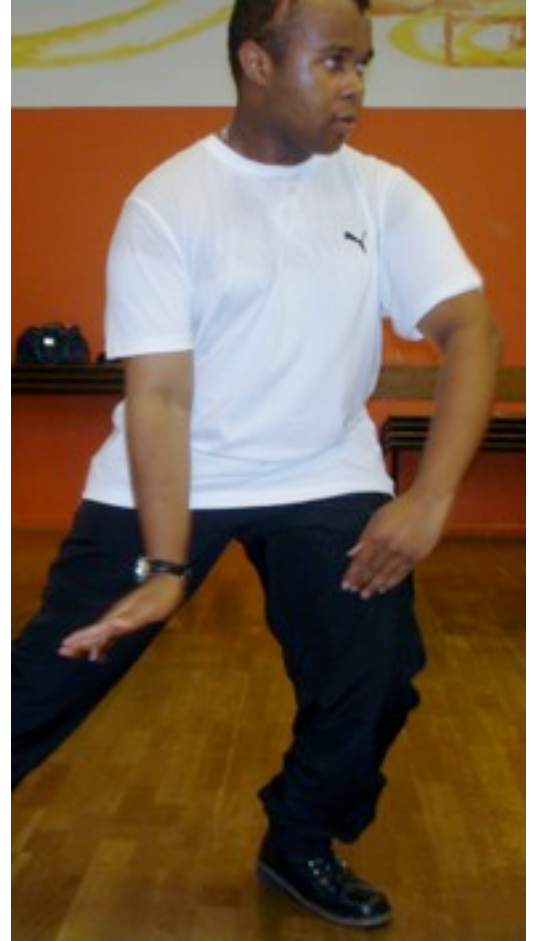
Tai Chi Flow

*for people
with visual
impairment*

FREE

**Every Monday
6 -7 pm
21 October to
25 November**

**St Gabriel's Church and
Family Centre, Havant Road,
London E17 3JF**



*Feel the calmness and grace of Tai Chi, an ancient Chinese art, while getting fit in a fun environment!
Family carers and support workers are also welcome to come along and have a go at Tai Chi!*

All abilities welcome – low intensity exercise

Booking is essential: info@daolu.co.uk or 07713 152 999