



# Tai Chi for Women

**6 indoor sessions** for Asian & Muslim Women  
**Childcare available** (limited places)  
**Female teacher**

**Fridays 19 Sept-24 Oct 10-11.30 am**  
**Free**

(£20 deposit required for childcare.  
Payable by 17 Sept. Refundable at end of  
project, or if you cancel before 03 Sept.)

**Enjoy exercise with other  
women from your community**  
Why not come with a friend?  
**Gentle movements to improve  
fitness and calm your mind**



**Aveling Centre, Lloyd Park, off Forest Road, Walthamstow, E17**

**All abilities welcome** Wear loose, comfortable clothing with flat shoes

**For Asian & Muslim women living in Waltham Forest**

Under 18s must be accompanied by an adult. Not suitable for under 11s

Please contact us if you have access needs

**To book**  
**or find out more**  
[info@daolu.co.uk](mailto:info@daolu.co.uk)  
07713 152 999  
[www.daolu.co.uk](http://www.daolu.co.uk)

