



# Tai Chi Flow



LOTTERY FUNDED

**Tai Chi for people with  
visual impairments and  
family carers**

**Every Thursday  
22 January to 26 March 2015  
10.30 – 12.00**



**FREE**



**The Community Resource Centre, 200 Chargeable Lane,  
Newham, London E13 8DW**

**Experiencing the calming effect and graceful movements that Tai Chi  
can bring to you in 2015!**

**Under 18 must be accompanied by an adult**

**Sports clothes not essential – wear something loose & comfortable with  
flat shoes. Please let us know your access needs.**

**All abilities welcome**

**To book and find out more information:**

**Tel: 020 3373 7459**

**Email: [IEDA@newham.gov.uk](mailto:IEDA@newham.gov.uk)**

**Check out more info on Tai Chi training on: [www.daolu.co.uk](http://www.daolu.co.uk)**