

Green Tai Chi Corner

for people affected by dementia



Dao Lu 道路

Wednesdays 11.15 – 12.30

From 7 September to 26 October 2016

FREE Total 8 sessions



A welcoming, friendly, and accessible class

Gentle movements to help improve your balance and coordination, calm your mind and relieve your stress in harmony with nature

**Pimp Hall Nature Reserve,
near Kings Road Recycling
Centre, off Kings Road,
Chingford E4 7HR**

**Minibus space will be available
on first come first served. Info
will be provided on booking.**



MAYOR OF LONDON

IN ASSOCIATION WITH



To book:

E: info@daolu.co.uk

T: 020 3670 3005

M: 07713 152 999 (text only)

Website: www.daolu.co.uk

Facebook: Dao Lu, Twitter: @DaoLuCIC

Leading the fight
against dementia

**Alzheimer's
Society**

**COMMUNITY
TRANSPORT
WALTHAM FOREST**