

# Have a go at Tai Chi!



Dao Lu 道路

**FREE** taster session

For people with learning disabilities

**Wednesday 26 April 2017**

**11:30 – 12:30**

**A welcoming and  
friendly class**

gentle movements  
improve your health  
and calm your mind

**All abilities welcome**

Wear loose,  
comfortable clothes and  
flat shoes



**Winchester Road Methodist Church,  
Winchester Road, Highams Park, London E4 9JP**

**To book or find out more:**

Pop in to the Hub @ the church  
any day in the week or

Email: [info@daolu.co.uk](mailto:info@daolu.co.uk)

Tel: 020 3670 3005

Mob: 07713 152 999 (text only)

Website: [www.daolu.co.uk](http://www.daolu.co.uk)



**DAYS 4 YOU 2**