

Tai Chi Taster Session

for people affected by dementia,
carers and support workers

Friday 19 May 2017, 12.00 – 13.00
Dementia Awareness Week

FREE

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



Windmill Court,
4a Weale Road, Chingford,
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local area
coordination
network



To book or for more info:
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