

Tai Chi for people with learning disabilities, support workers & carers

Wednesdays, 11:30 – 12:30
24 May to 12 July 2017, total 8 sessions



A welcoming and friendly class

gentle movements
improve your health
and calm your mind

All abilities welcome

Wear loose, comfortable
clothes and flat shoes

Please contact us if you have
access needs

**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
Email: info@daolu.co.uk
Tel: 020 3670 3005
Mob: 07713 152 999 (text only)
Website: www.daolu.co.uk



Dao Lu 道路



DAYS 4 YOU 2