

Try Tai Chi

at Handsworth Medical Practice,
3 Monday sessions (15th Oct,
12th Nov & 10th Dec 2018),
17:30 – 18:30



Gentle movements improve your health and calm your mind in harmony with nature

£15 only for 3 sessions, book & pay in advance; or £7 drop in

Venue: Handsworth Medical Centre, Handsworth Avenue, Highams Park, London E4 9PD



All abilities welcome

Wear loose, comfortable clothes and flat shoes.

To book or find out more info:

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

Mob: 07713 152 999

www.daolu.co.uk

Facebook: Dao Lu Twitter: @DaoLuCIC