

Tai Chi Fan-tastic

at Handsworth Medical Practice,
Every monday,
starting from 21 January 2019
17:30 – 18:30



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

Monthly payment in advance, £5 per session; 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:

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