

Tai Chi for Health

at Handsworth Medical Practice
Mondays from 24 February 2020

17:30 – 18:30



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

**£25 per month for any
classes hosted by Dao Lu;
or £7 drop in rate.**

Full info at:

<https://www.daolu.co.uk/join/>

**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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Mob: 07713 152 999

www.daolu.co.uk

Facebook: Dao Lu Twitter: @DaoLuCIC