

FREE event Yin Yang in Fellowship Square: Tai Chi vs Hip Hop

A **FREE** day of contrast, fun and fitness

Tai Chi and Hip Hop taster sessions, nutrition advice, live performance, hot lunch and meeting new people. Aimed at care home residents and carers.



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

Saturday 8th October, 11am to 4pm, in Fellowship Square (Foyer area, indoors)

Chair based Hip Hop dance. A fun, fresh approach to exercise. Learn funky social dance steps from across the '70s to the current day.



To book or find out more:

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