

# African & Caribbean Community Health Network (ACCHN)

Advocating Equity In Health And Access To Mainstream Services for  
African & Caribbean Residents in Waltham Forest

and Dao Lu  
a journey to eternal wellbeing

## Fix Up! TAI CHI For Mind and Body Increase Strength and Vitality



10-Weeks on Mondays

Time: 12pm - 1pm

Dates:

- February 23rd 2026
- March 2nd, 9th, 16th, 23rd, 30th
- April 13th, 20th, 27th
- May 11th

Pastures Centre  
15 Davies Lane  
London E11 3DR



Cost: £3/session. Save by booking 5 sessions - £13.50, or 10 sessions - £27, advance payment required

Suitable for beginners and all abilities, seated or standing.

Register by email: [info@daolu.co.uk](mailto:info@daolu.co.uk), Older people register by phone, call Joan 020 8539 6976.



# Tai Chi and Qigong

## Gentle movements, powerful results

Tai Chi and Qigong both come from the rich, ancient martial arts and health preservation culture of China. They are mind-body-breath exercises, part of Traditional Chinese Medicine's health preservation practices, which includes acupuncture, acupressure, herbal medicine, various forms of massage, the use of heat, cupping, etc. Chinese health preservation culture considers prevention of disease as vital in promoting health in the community. Health is considered in terms of physical, mental and emotional wellbeing, "a holistic and ecological view of the body, mind and health".

Clinical and scientific researches on the benefits of tai chi and qigong have been done in China, Europe, US, Australia and published in PubMed the online National Library of Medicine of the US National Institutes of Health. These concluded there is evidence of the benefits of these exercises on the following conditions:

\*Diabetes, \*Hypertension, \*Mental health conditions (depression, anxiety, ADHD), \*Parkinson's disease, \*as part of rehabilitation for cancer cardiac and stroke patients and for patients with chronic obstructive pulmonary disease (COPD), \*for conditions that affect postural stability or balance, \*for preventing falls in older adults, \*for increasing mental focus, \*for improving cognitive capacity in older adults, and \*for the management of pain from osteoarthritis, fibromyalgia and rheumatoid arthritis.