

Tai Chi for Life

Tai Chi classes for older people - for wellbeing, balance and mobility

Tai Chi is a martial art which helps to reduce stress and provides a way to cultivate body and mind. Tai Chi is performed slowly, softly and gracefully with smooth and even transitions between movements.

Regular practice of Tai Chi can bring a wide range of health benefits to the muscular, skeletal and circulatory systems. Tai Chi is suitable for most people and movements can be modified for individual needs. Many illnesses have been shown to improve with the regular practice of Tai Chi, those with acute health problems should check with their physician before beginning any exercise program, including Tai Chi.

For more information on local Strength Training programs contact:

Central Bayside Community Health Services Ph: 8587 0200

Bentleigh Bayside Community Health Service Ph: 9575 5333

Sandybeach Community Centre Ph: 9598 2155

The City of Kingston Ph: 1300 653 356

Bayside City Council Ph: 9599 4444

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