

# Tai Chi for Health

## Beginners Class

each Monday from 9am

please arrive 15mins prior to class for registration  
(Excluding School & Public holidays)

Core movements (for the very beginner)  
Followed by Advanced & Extension classes

Join in a safe, extremely fun exercise class that is ideal for stress, arthritis and diabetes management. Designed to be done standing or sitting. Work within your comfort zone. **Term fees apply.**

South West Mackay Neighbourhood Centre,  
Cnr Clements & Pompey Streets

### *Bookings Essential*

*For more information &  
to book your place,  
please contact*

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Registered & Certified Tai Chi for Arthritis

Instructor Member of Queensland Keep Fit Association Incor

**Relieves stress**

**Arthritis Foundation approved**

**Meet new friends**

**Stand or sit**

**Safe**

**Fun**

