

Registration form

Participant Name _____

Address _____

Phone number _____

Email address _____

Course choice (please tick)

- Triple "F" program - Balance Fitness, Food & Fun. Tai Chi for Health & Foodcents (including cooking class). Starts **20 July 2011** -8 weeks
- Tai Chi for Health – Starts **20 July 2011** -8 weeks
- FOODcents only – Starts **27 July 2011** Fortnightly - 4 sessions

Payment \$ _____

Payment options

- Cheque (mail with registration)
- Money order (mail with registration)
- Direct deposit maybe used (**Time Out Tai Chi BSB 124-954 Account no 21497712**), please quote your surname and the last 3 numbers of your phone number as a reference

Send this completed registration form to Leanne Simpson, PO Box 7141, Mackay MC 4741.
A HEALTH SCREEN FORM WILL NEED TO BE FILLED OUT TO COMPLETE REGISTRATION.

What should I wear to a tai chi class?

A simple answer is loose, comfortable clothes and flat shoes or sandals. Please bring water bottle.

What do I need to bring with me to FOODcents?

A mug, small plate, knife, fork, spoon, tea towel and apron (optional) and a water bottle. Pen & paper for note taking if you wish

Tai Chi exercise guidelines

If you have any doubt whether you are medically fit to attend Tai Chi classes please check with your doctor for clearance prior to starting. Participants are encouraged to have a rest anytime if needed and to work within their own comfort zone.

Venue

Iona West Uniting Church Hall, Brooks St, West Mackay.

Contact details

Leanne Simpson

Email leanne@timeouttaichi.com

Phone 49575019 mob 0428 181824



Balance
Fitness, Food & Fun
Tai Chi for Health
FOODcents



What is Tai Chi?

Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

Why do Tai Chi for Health?

Scientific studies have shown Tai Chi works to improve muscular strength, flexibility and fitness. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move easier, and facilitate circulation of body fluid and blood, which enhance healing. Fitness is important for overall functioning of the heart, lungs, and muscles. In addition to these components, Tai Chi movements emphasize the importance of weight transference, which helps balance and prevents falls.

What is FOODcents?

FOODcents teaches people how to balance their diet and their food budget. It helps you discover if you are getting value for money in the supermarket and where your money goes. Many people are losing the skills to prepare and cook healthy foods as they rely more and more on fast-foods, pre-prepared and processed foods. FOODcents can help people with a limited budget to shop for and prepare tasty nutritious foods that are quick and easy to make. It is about balancing your budget and your diet.

Program

Includes Tai Chi for Health (8 classes) & FOODcents (4 classes including Centsible cooking sessions-food prepared & eaten in class)

Time table

| Week | Date | Time | Details |
|------|--------------|------------------------------|---|
| 1 | 20 July | 1.30 to 2.30pm | Tai chi for health |
| 2 | 27 July | 12 to 1.30 1.30 to 2.30pm | FOODcents Tai chi for health |
| 3 | 3 August | 1.30 to 2.30pm | Tai chi for health |
| 4 | 10 August | 12 to 1.30 1.30 to 2.30pm | FOODcents Tai chi for health |
| 5 | 17 August | 1.30 to 2.30pm | Tai chi for health |
| 6 | 24 August | 12 to 1.30 1.30 to 2.30pm | FOODcents Tai chi for health |
| 7 | 31 August | 1.30 to 2.30pm | Tai chi for health |
| 8 | 7 September | 12 to 2.30pm | FOODcents Shop tour & picnic in the park |
| | 14 September | 1.30 to 2.30pm | Tai chi for health |

Please arrive 10 minutes before each class to register and to have a chat.

Cost

Triple "F" program Balance Fitness, Food & Fun Tai Chi for Health & Foodcents (including cooking class)

Full - \$100

Concession - \$92

QKFA Member Full - \$84

QKFA Member concession - \$76

Places available for Tai Chi for health only & FOODcents only participants

Tai Chi for Health (8 classes)

Full - \$80

Concession - \$72

QKFA Member Full - \$64

QKFA Member concession - \$56

Please note that eligibility for concession is for persons who are: 60 years and over, full time students or health care cardholders. Non-refundable and non-transferable.

FOODcents Only - \$40 (4 sessions)

Time Out Tai Chi

Book \$20

Fun – included

All prices include GST

