



Modified TaiChi & Qigong

**Help & Improve your Balance
Increase Fitness &
Balance Your Energies**

For Bookings and Enquiries phone
Jan 357 49 30



**Tai Chi for Health Qualified Instructor
Donna Eden Qualified Practitioner
Community Group Strength & Balance
Class Instructor**

**LIVE STRONGER
FOR LONGER**

PREVENT FALLS & FRACTURES

Monday

Barrington

St Mark's Church Hall
Cnr Somerfield & Barrington Sts

☯ 9.45 am – Beginners/Mixed

Mairehau

St Albans Uniting Parish
Cnr Nancy Ave & Knowles St

☯ 11.20 am – Intermediate

☯ 12.30 - Beginners



Tuesday

Barrington

St Mark's Church Hall
Cnr Somerfield & Barrington Sts

☯ 10 am - Beginners

☯ 11 am – Intermediate



Wednesday

Halswell

Halswell Community Hall
Cnr Halswell Junction & Halswell Rds
(Opp Vet Club)

☯ 10.45 am – Beginners/Mixed