



Tai Chi QiGong seated or standing

**Gentle movements to improve balance, flexibility
and strength**

For your mind, body and wellbeing

**Thursdays
3pm – 4pm**

Cost: £5

For more information or to sign up,
please call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk

visit our website: www.ageuksomerset.org.uk

This class is held at:
**Kewstoke Village Hall,
Crookes Lane,
Kewstoke,
BS22 9XB**

Please check class is running prior to attending