

# Try Tai Chi

## at Handsworth Medical Practice

### Every Monday

### 17:30 – 18:30



**Gentle movements improve your health and calm your mind in harmony with nature**

**£15 only for 3 sessions, book & pay in advance; or £7 drop in**

**Venue: Handsworth Medical Centre, Handsworth Avenue, Highams Park, London E4 9PD**



**All abilities welcome**

Wear loose, comfortable clothes and flat shoes.

**To book or find out more info:**

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