

Tai Chi for Health

*For people living with dementia, their carers
and DFK volunteers*

balance • strength • relaxation



Come and see how this focused exercise supports well-being by building strength, helping good balance and promoting relaxation

The slow and low impact movements of Tai Chi offer the same health benefits as a Zumba class.

Helen Parsons of Huntun Tai Chi says, *"Originally created as a martial art, Tai Chi today is practised for its health benefits as a series of slow, continuous movements that build strength, improve balance, and promote deep relaxation."*

Wednesday 21st August – 18th December 2019, 10:15-11:15am

Venue: Holden Hall, Oakworth, BD22 7HY

The class is free, but donations are welcome

Wear clothes that you can move comfortably in

**For more information ring DFK 07452 773788
or Helen and Phillip on 07598 004645**

