



ELEMENTAL TAI CHI



Slow Moving Exercise for all

Simple Movement

Relaxation

Tranquillity

Balance

Health

Unity

Weekly Tai Chi Course

Poole Community Health Clinic

Shaftesbury Road, Poole, Dorset BH152NT

Tai Chi is an ancient form of Chinese martial arts which is good for improving posture and balance. Good balance, co-ordination and muscle strength are vital for lessening your risk of falling and therefore breaking a bone if you have osteoporosis.

If you like to attend the weekly tai chi class or want more information, please contact the charity today 01202 443064.



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