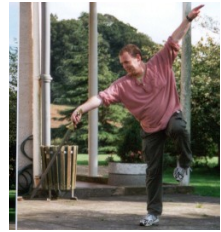


Over 50's Tai Chi



Wu Dan Dragon Sword and Shaolin Stick
Gentle exercise with stick and sword to maintain
balance, flexibility, strength and vitality.



Tony Dove teaches Tai Chi and other arts full time specialising in accessible and interesting classes for the older client. You will work, but at your own achievable pace.



**Beginner's class starts;
Tuesday 10th September**

3.30-4.30 £5 per session

St Georges Community Centre

Willow Close, St Georges W-s-M

07886630436

standinglikeatree.co.uk