



Tai Chi & Qi-Gong Exercise Class

Feel Stronger, Calmer & More Balanced

Perfect for over 50's/Returning to Exercise/Rehabilitation

Tuesday's from 10am - 11am
Whitchurch-on-Thames Village Hall
(RG8 7EU)

You're welcome to drop in or contact Peter:

 078 0300 5338

 peter.mfctaichi@btinternet.com