



TAI CHI FOR GENTLE EXERCISE

Improve muscle strength and endurance by joining our Tai Chi group.

- When:** 2pm to 3pm every Thursday
Where: Salvation Army Building
22 Lennox St, Richmond VIC 3121
Cost: Gold coin donation

For more information:

Call our Occupational Therapist Justine Loughran on 9418 9800.

How do I know if I'm eligible to join?

- You are age 65+ (or thereabouts).
- You are able to walk independently, either with or without a walking aid.
- You are medically stable – no serious heart or lung issues.
- You are committed to attend each week.



North Richmond Community Health (Wulempuri-Kertheba) stands on the traditional lands of the Wurundjeri people. We pay our respects to their elders, past and present.



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