



# Tai Chi and QiGong for Gentle Exercise

Run by a trained Tai Chi/QiGong Leader

## IMPROVE:

BALANCE / RELAXATION / STRESS LEVELS /  
MUSCLE STRENGTH & ENDURANCE / HEALTH

**When** Thursdays from 2pm to 3pm

**Venue:** Community Group Room  
North Richmond Community Health  
23 Lennox Street, Richmond

**Cost:** Gold coin donation

**You can join if you're:**

- able to walk independently, either with or without a walking aid
- medically stable
- committed to attend each week

**Places are limited!**

For further enquiries, please contact our Intake Team:  
☎ 9418 9965 | ✉ [arthas@nrch.com.au](mailto:arthas@nrch.com.au)

More info at ➡ [nrch.com.au/groups-and-events](http://nrch.com.au/groups-and-events)



north richmond  
community health  
Wulempuri - Kertheba