

TAI CHI FOR REHABILITATION



Perfect for beginners!

Come and join our Tai Chi class!

Tai Chi can help with posture, body awareness, arthritis, joint pain and balance problems. It's great for relaxation and stress relief too.

All ages and abilities are welcome.

When: Starting Monday 22nd May 6pm-7pm

Where: Central England Holistic Therapies & Training College, 240 Alcester Road South, Kings Heath, Birmingham, B14 6DR

For more info: Phone us on 07967598135 or email info@wellbeingphysio.co.uk



Wellbeing
Physiotherapy &
Rehabilitation

Tai Chi Institute
for Health

**CONTACT US TO
BOOK YOUR
SPACE!**

**Classes are run in
7 week blocks.**

WELLBEING
PHYSIOTHERAPY AND
REHABILITATION

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