

# Tai Chi

## Chinese Health Exercises

**Harrow Way Community School**  
**Harrow way**  
**Andover**

**Wednesday 5.00 – 6.00pm**

**Wednesday 6.30 – 7.30pm**

Both sessions start on Wednesday 9th march 2011.

### ***First session free***

*Tai chi and Chi Kung have been used for centuries to improve health and longevity. They can be adapted for all ages and abilities, including wheelchair users.*

Benefits include improvements in -

- mobility & joint flexibility
- balance & co-ordination
- stronger legs and back
- immune system
- stress
- high blood pressure

These exercises aid relaxation and all chronic conditions, particularly chest and circulatory problems.

Please phone or email to book your place.

All enquiries to  
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