



Tai Chi

- When** 10 week course which is open to anyone wishing to enjoy learning Tai Chi.
- Where** Ballarat Community Health, 260 Vickers St, Sebastopol
- Why** Tai Chi has been known in China for centuries to be effective for arthritis, and is quickly being adopted in Australia as a means of dealing with the pain and stiffness caused by arthritis.
- Cost** \$30 for the 10 week course

For further information or to register attendance please phone Ballarat Community Health on (03) 5338 4500.