

**Benefits of regular
Tai chi practice:**

Tai Chi

- * Increases mind and body coordination
- * Stimulates and promotes clarity of mind
- * Improves balance
- * Improves flexibility
- * Improves joint mobility
- * Increases muscle strength
- * Improves overall fitness
- * Promotes relaxation and peacefulness
- * Provides ongoing enjoyment

Where and when?

Tai Chi classes at Ballarat Community Health are run from two centres:

Sebastopol Centre

260 Vickers Street

Wednesday 11am–12pm

Cooinda Centre

10 Learmonth Road, Wendouree

Wednesday 1pm–1.45pm

Cost: \$3 per class

For enquiries, please call:

5338 4500

Or visit our website:

www.bchc.org.au

Tai Chi
**FOR
HEALTH**



What is involved?

Tai Chi

Consists of fluid, continual, slow and coordinated movements

Can be done while seated and by using visualization

Takes place within a supportive and friendly group

Requires loose comfortable clothing and light supportive footwear (no high heels)

Tai Chi

Promotes:

Physical health
Mental wellbeing

Tai Chi

Integrates:

Posture
Breathing
Concentration
Movement



“I was advised to attend Tai Chi classes for my heart complaint. I love it! And since I have been coming I feel as though I have more energy and people have commented how well I look.”

- Rae (May 2010)

“I was advised to come to help with my arthritis. I have found Tai Chi to be very beneficial... it gives one a feeling of well being. It's great for mind and body.”

- Dawn (May 2010)

