

Qi Gong

Qigong is a therapeutic form of Tai Chi practice involving low impact meditative exercise where you work at your own pace.

Our classes are fun and a great way to meet people.

Details about how to register are attached. If you have any questions or want to arrange a free trial please call us on 9006 6580

When

Fridays 10:00 – 11:00am

Where

Collinson Room
283 Church Street, Richmond

Term 1, 2024

Fri 2nd Feb to Fri 22nd Mar 2024

Cost - \$8 per session

Full Term Fee \$64 (8 sessions)

*This program could be included in your Home Care Package at the rate of \$20 per session

** All fees are negotiable based on individual circumstances.



SOCIAL SUPPORT FEES AND REGISTRATION



Class: Qi Gong

Term Dates: Term 1 – Fri 2nd Feb to Fri 22nd Mar 2024

Location: Collinson Room, 283 Church Street Richmond

Day/Time: Fridays 10:00 -11:00am

Please complete this form and return prior to classes commencing.

Proof of payment is essential prior to attending class.

Name: _____

Phone: _____

Email: _____

FEES

\$8 per session fee

Full Term Fee \$64 (8 sessions)

Please provide your My Aged Care AC Number: _____

Requesting fees (\$20 per session) **be covered by Home Care Package:**

Home Care Package Provider: _____

Contact Person: _____

Contact Number: _____

PAYMENT OPTIONS

Cost Centre: 704 - 1410

Proof of payment is essential prior to attending class.

In Person: Please pay at Reception, 283 Church Street, Richmond
or

By phone: Please call Fiona Waring (03) 9819 5758

We look forward to another wonderful term with you!

thank you