Tai Chi



Tai Chi is an ancient Chinese means of alleviating stress and anxiety. A gentle form of exercise to improve general health and promote a sense of wellbeing.

Our classes are fun

When

Thursdays 9.00-10.00am

Where

Collinson room 283 Church Street, Richmond

Term 1, 2024

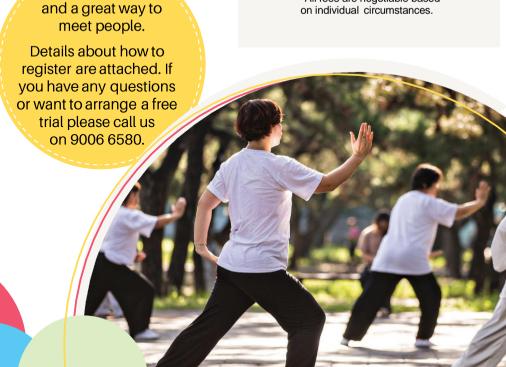
Thu 1st Feb to Thu 22nd Mar 2024

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



SOCIAL SUPPORT FEES AND REGISTRATION



Class: Tai Chi

Term Dates: Term 4 – *Thu 5th Oct to Thu 14th Dec 2023* **Location:** Collinson Room, 283 Church Street Richmond

Day/Time: Thursdays 9:00 -10:00am

Please complete this form and return <u>prior</u> to classes commencing.

Proof of payment is essential prior to attending class.

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!

