

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.

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 on individual circumstances.

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.



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 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