

Buckland Surgery Support Group

Tai Chi

Slow exercise for health. Tai chi is a gentle exercise that helps improve balance and prevent falls. It consists of making slow, graceful movements while breathing deeply.



Come join us every **Tuesday 2:30-3:30**

Buckland Community Centre Gilbert Rd, TQ12 4HS
£5 a session free refreshments after the class

For more information call Rosemary on: 07762
735362 or just come along