

Tai Chi

Come join our fun, easy, low impact Tai Chi classes.

Tai Chi has slow and gentle movements, and is often described as meditation in motion.

By joining in, you will improve your balance, flexibility and muscle strength

Classes are run by our qualified Tai Chi instructors, and are designed for those aged over 60.

We look forward to seeing you there!



Where and When

The Gardens Recreation Centre,
corner of Kings and Martins
Roads, Parafield Gardens
Mondays 1:00pm-2:00pm

Surrey Downs Community Centre,
6 Zanoni Cres, Surrey Downs
Wednesdays 1:30pm-2:30pm

Cost: Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees can also be claimed.

**Call us on 1300 444 663 or email us at
homecare@helpinghand.org.au
to find out more**



Helping Hand
new aged care