



Age Positive Programme

Supporting over 65s at risk of social isolation and/or frailty



Free Taster Session:

Gentle Tai Chi

'Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.'



As part of 'Age Positive' Programme, this class is specifically for those seeking a gentle class to improve; strength, balance and flexibility. The class will focus on more seated movements for gentle exercise.

Where: Compton Church Hall

When: Tuesday 11th October

10.30-11.30

Find out more and to [book a place:](#)

[Email: anna.fox@improvinglivesplymouth.org.uk](mailto:anna.fox@improvinglivesplymouth.org.uk)

[Or Call: 01752-201900](tel:01752-201900) or [07305104006](tel:07305104006)