

Parkinson's WA Tai Chi



Schedule 2019

 **Tai Chi for anyone with a neurological condition and their partners/carers**

Where Loftus Community Centre
99 Loftus St, Leederville

When Mondays

Time 10.30am - 12.00 noon*

Cost \$10 per person, per class

*Includes Morning Tea

Includes:

- Seated and standing exercise routines
- Morning tea
- Free parking

2019 Tai Chi Schedule

Semester 1: 4th February - 1st July
NO CLASSES 4th March, 22nd April & 3rd June
(Public Holidays)

Break: 8th and 15th July NO CLASSES

Semester 2: 22nd July - 16th December
NO CLASS 30th September (Public Holiday)

Classes resume Monday 3rd February 2020

Contact us for more details or to register