

Tai Chi

Traditional art form of Tai Chi - 85 Form Yang Style

Improve your physical and mental health by learning and exploring the practice of Tai Chi



WHEN: Tuesday's (commencing 1st February) 10am - 11am

WHERE: Glenroy Neighbourhood Learning Centre (5B Cromwell Street, Glenroy)

COST: \$10 session

Bookings are essential as places are limited

Email: nhcoordinator@glenlink.vic.edu.au

Ph: 9304-3910



Glenroy Neighbourhood Learning Centre

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