SEATED TAI CHI

WHEN: THURSDAY 28TH JUNE 2018

TIME: 3.15pm – 4.15pm

WHERE: *Goring Community Centre*
The Old Station, Station Road,
Goring RG8 9AZ

Cost: £5 Per Session
OR £45 for 10 Sessions

FALL PREVENTION
BALANCE FLEXIBILITY

Q1Care

Contact Us: 01491 525 639 or leigh.abbott@q1care.co.uk