



**When did you last enjoy an hour of
calmness and relaxation?**

Why not try Tai Chi for Health with Jenny at Body Being

Gentle and relaxing exercise for strengthening and toning joints, reducing pain & enhancing quality of life.

Every Wednesday Evening at 7pm for 1 hour at Westwell Parish Hall

£6.50 per lesson or reduced to £22.00 for a 4 week block booking.

Suitable for all abilities.

Please wear loose and comfortable clothing with flat, soft shoes.

Please call Jenny on 07908 728768 to book your place

