

Tuesday

TAI CHI & I.T.

A fun & COVID-safe way for you to stay well,
balanced & make friends



- You can stay at home or join the class in person
- Gentle exercise for the mind & body
- Build strength & improve your balance

WHEN: Tuesday afternoons 3 - 4 pm

WHERE & COST: In your home on Zoom \$9 per class
safety tips provided

or



Engadine Community Services (ECS)
1034-1036 Old Princes Hwy, Engadine
limited places \$10 per class

Bookings required & pre-payment for each month

To register: email admin@ecs.org.au or phone 9520 7022

To attend the class on the internet, you need
appropriate I.T. & skills to use Zoom



Aged
Services



Community
Resource Centre



Child & Family
Services



Volunteer
Program

Engadine Community Services

Weekdays 9.30 am - 4.30 pm
2nd & 4th Saturdays 9 am - 12 pm

www.ecs.org.au

1034-1036 Old Princes Hwy
Engadine [beside Engadine Court]

9520 7022

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