

**Have fun, feel great & make new friends**  
Keep your mind & body healthy

# TAI CHI



**Ideal for  
reablement after a  
break in physical  
fitness**

**Build strength &  
improve your  
balance**

**WHEN:** Tuesdays 3 - 4 pm  
Thursdays 1.30 - 2.30 pm

**AT:** Engadine Community Services (ECS)  
1034-1036 Old Princes Hwy, Engadine

**Subsidised fee for seniors 65+ with a My Aged Care  
referral for CHSP Social Support: Group**  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au) or 1800 200 422

**\*Bookings required & pre-payment for each month**

**Instructors Maxine & Serene have over 20 years  
experience in Yang Style Tai Chi Chuan**



*This activity receives funding from the Australian Government  
through the Commonwealth Home Support Programme*



Aged  
Services



Community  
Resource Centre



Child & Family  
Services



Volunteer  
Program

**Engadine Community Services**

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

[www.ecs.org.au](http://www.ecs.org.au)

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

**9520 7022**

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