

LONGDON VILLAGE HALL

*Everyone is invited to come along to
a 'FREE' taster session of*

'TAI CHI MOVEMENTS FOR WELLBEING'

with Instructor *Linda Edwards*



On Thursday 10th April at 9.00 a.m.

- an easy form of exercise to promote physical and emotional health and wellbeing
- wear comfortable clothing and footwear

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Contact – Diana Scott – 01684 592476

www.longdonvillagehall.org.uk