

AUGUST to OCTOBER

Tai Chi for all ages



**Interested in gentle exercise or
do you need to relieve stress?**

Come and join our Tai Chi class

Thursdays at 9:00am to 10:00am

Cost: \$50~~00~~ per person for 10 classes

Starting: 16 August to 18 October

BOOK NOW at the office or phone 534 5584

Office Hours Mon to Fri 8:30am to 4:00pm

Email: info@hpapcommunityhouses.org.nz

Web: www.hpapcommunityhouses.org.nz

