

**JANUARY to MARCH 2019**

# 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: 17 January to 21 March**

**BOOK NOW at the office or phone 534 5584**

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

Email: [info@hpapcommunityhouses.org.nz](mailto:info@hpapcommunityhouses.org.nz)

Web: [www.hpapcommunityhouses.org.nz](http://www.hpapcommunityhouses.org.nz)



**Howick  
Local Board**   
Auckland Council