



# Steady & Social

## Tai Chi for Beginners

**Fridays, 10.00am to 10.45am  
at Project 229, Kempston**

### Improve your balance, strength and posture

Tai Chi is an ancient slow paced Chinese martial art.

Now practised mainly for the health and wellbeing benefits it offers.

Some of those being improvements in balance, posture, co-ordination, range of movement, energy levels and reduction of stress levels.



All are welcome. No booking in advance required. Just turn up and pay on the day. First come first served basis. Cash only, change will be given.

#### Date / Time

Friday 25<sup>th</sup> November, 10.00am to 10.45am

Friday 2<sup>nd</sup> December, 10.00am to 10.45am

#### Date / Time

Friday 9<sup>th</sup> December, 10.00am to 10.45am

Friday 16<sup>th</sup> December, 10.00am to 10.45am

For any questions, please contact Robert Lindsay:

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