



UPPERTHORPE AND ECCLESALL
MEDICAL CENTRES INVITE YOU TRY:
TAI CHI IN THE PARK
FIND BALANCE AND LOOK AFTER
YOUR HEART AND MIND

**DATES: 2ND & 3RD THURSDAYS OF EACH MONTH
(FROM OCT 12TH)**
TIME: 1.30PM UNTIL 2.15PM

In the Peace Gardens Park behind Zest Centre, Upperthorpe.
If you would prefer to attend a different location then the sessions are
also available at...

First Thursday of the month, 1.30-2.15, green space behind General
Cemetery on cemetery road or the last Thursday of the month, 1.30-2.15
Devonshire Green park

Please bring comfortable flat footwear and warm clothing. We will go ahead
if it is raining lightly or cold!

WITH THE ORIGINAL WU STYLE TAI CHI SCHOOL