



LifeBalance

Balancing your life with Tai Chi and Qigong

**Do you wish to manage stress, build stamina,
improve balance, increase vitality
and enhance the immune system?**



Tai Chi Can Help

**Gresham Village Hall on Monday
evenings 6pm - 7:30pm
£7.50 each session**



**Please contact Rick Retallack on 07751260917 to register
Email: rick@lifebalance.me.uk
Web: lifebalance.me.uk**