



FRIDAY TAI CHI

FREE

Friday's 8am - 9am

"Tai Chi Chuan, the great ultimate, strengthens the weak, raises the sick, invigorates the debilitated and encourages the timid" Cheng Man Ching

**All welcome to this fun weekly
gathering**

**Varsity Lakes
Community
Resource Centre
Mattocks Road
Varsity Lakes
5593 7006**

