

**Looking for an exercise class
suitable for all ages?**

Need something to help you relax?

Why not try...

Tai Chi - Chi Gung



**18 Simple Exercises to Aid Relaxation and
Help Maintain Health, Strength and Mobility**

Tuesdays 11.00 – 11.45

**Carleton Memorial Hall
Moorfield Avenue
Carleton FY6 7QE**

**To find out more or to book a place, contact Peter on
07961 88 56 68**

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www.fyldetaichi.com