



**Tai Chi QiGong**  
**seated & standing**

**Gentle movements to improve balance, flexibility  
and strength**

**For your mind, body and wellbeing**

**Mondays** (term-time only)  
**2pm – 3pm**

**Cost: £5**

For more information or to sign up please call  
Age UK Somerset on

This class is held at:  
**Berrow Village Hall**  
**Parsonage Road**  
**Berrow**  
**TA8 2NL**

Please check class is running prior to attending

**01823 345624**

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visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)