

# Tai Chi Sessions



The Shane Project in partnership with Enfield Asian Welfare Association (EAWA) are offering weekly tai chi sessions for people with multiple sclerosis (MS), carers and for people with other long term health conditions.

Sessions will be adapted to suit individuals with a health condition.

Tai Chi is an excellent holistic system of exercise for health and general wellbeing. It has been proven to:

- Increase energy levels
- Maintain or increase flexibility, strength and vitality
- Improve posture, coordination and balance
- Develop an ability to meditate, relax and let go of tension
- Help deal with stress and depression

Every Thursday starting from  
**Thursday 28 September 2017**

**12:30pm—1:30pm**

**Wheatsheaf Hall, Main Ave,  
Bush Hill Park, EN1 1DS**

**Cost: £1.00 per session**

For further for information and bookings call us on:

**020 8884 6330**

Funded by:

