



Tai Chi – Qigong for people 55 years+

Tuesdays 10.30–11.30am
High Tide Room, Bondi Pavilion

Improve agility, flexibility, balance and spatial awareness through coordinated body movement and rhythmic breathing.

Join our 8 week program starting 4 April.

Bookings essential
9083 8999 or
wavseniorscentre@
waverley.nsw.gov.au

\$56 full pensioner
\$80 standard

Proudly presented by Waverley Community and Seniors Centre.
Our program is designed to help people over 55 years to stay healthy, active, and connected.

**BONDI
PAVILION**

