

Beginners Tai Chi

The Tai Chi classes provide an opportunity to stay fit and exercise with other people, with the classes designed to be lower impact on joints and suitable for people who struggle to keep up with mainstream exercise classes.

Last updated: March 3, 2020

Date: Monday 13 February 2017 - Monday 13 February 2017

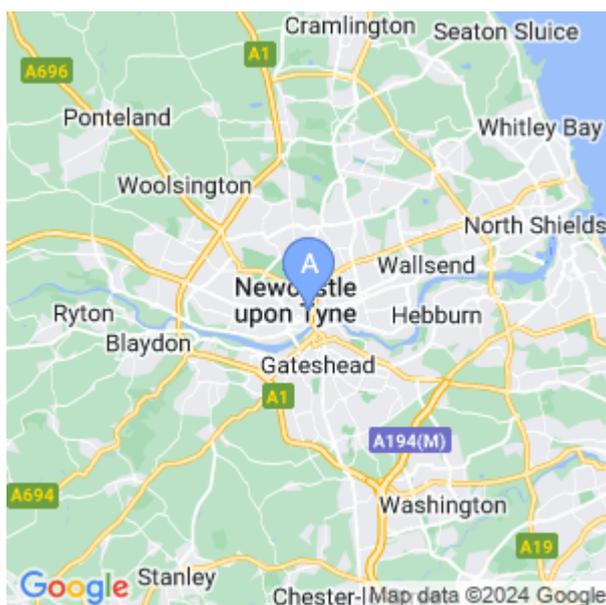
Time: 10:15 am - 11:15 am

Website: ageuk.org.uk/newcastle

Organiser: Age UK Newcastle

Telephone: 0191 232 6488

Address: 2nd Floor
Broadacre House
Market Street
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Useful Organisations

Age UK Gateshead in Newcastle

Email: infoandadvice@ageukgateshead.org.uk

Website: <https://www.ageuk.org.uk/gateshead/>

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