

## 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

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**Date:** Monday 13 February 2017 - Monday 13 February 2017

**Time:** 10:15 am - 11:15 am

**Website:** [ageuk.org.uk/newcastle](http://ageuk.org.uk/newcastle)

**Organiser:** Age UK Newcastle

**Telephone:** 0191 232 6488

**Address:** 2nd Floor  
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## Useful Organisations

## **Age UK Gateshead in Newcastle**

**Email:** [infoandadvice@ageukgateshead.org.uk](mailto:infoandadvice@ageukgateshead.org.uk)

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

**Telephone:** 0191 477 3559