

Seated Tai Chi

For physically disabled adults (18+)—*no upper age limit.*

Tai Chi is a system of gentle exercise. Research has shown that it can:

- **Increase muscle strength**
- **Reduce joint pain**
- **Reduce stress**
- **Improve co-ordination**
- **Improve flexibility**
- **Lower blood pressure**
- **Strengthen the immune system**



ESTABLISHED IN EDINBURGH IN 1902

TIME 2.00—3.30 pm

DATES Weekly starting on Tuesday 2nd September

VENUE Ecas, Norton Park, 57 Albion Road, Edinburgh EH7 5QY

COST £1.15 per session (Ecas may be able to assist with transport costs)

For more information or to book, phone Janice on 0131 475 2344

