

# Tai Chi



Tai chi is an ancient Chinese exercise that combines slow, graceful movements with meditation and breathing techniques.

Tai chi may help to improve strength, balance, flexibility and promote feelings of well-being. The specific movements are dependent on the individual's type and stage of cancer and recovery.

**Classes are held every Friday from 2.15pm to 3.15pm**

**For more information please telephone 0208 366 4333  
or email [fiona@nightingalesupport.org.uk](mailto:fiona@nightingalesupport.org.uk)**

**Please confirm your attendance before arriving**