



Free T'ai Chi Chi Gong

For physical and mental
health and wellbeing



GRCC is running a series of free T'ai Chi sessions funded by the NHS in the Cotswold District, led by T'ai Chi expert, Clive Birch.

This safe, healthy, gentle exercise can support with the following:

- Improved mobility and physical independence
- Management of long-term conditions
- Improved emotional wellbeing
- Improved sleep
- Stress release and relaxation

T'ai Chi is easy to learn and can be practised at home. Sessions are 1 hour per week and will run from Wednesday the 22nd of January until Wednesday the 26th of February at **Redesdale Hall, High Street, Moreton-in-Marsh, GL56 0AX.**

Limited spaces are available so make sure to book your space today!



**Contact us today at 01452 528491
or email info@grcc.org.uk**