



Tai Chi

Tuesdays 9:15am – 10:15am

A Chinese martial art of slow intentional movement, practiced by people of all abilities to improve overall health.

\$5
per class

BYO
drink
bottle

Patterson Lakes Community Centre

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☎ (03) 9581 3040

For interpreter services please call 🗣️ TIS National 📞 131 450

