

## **Health Benefits**

**Prevent falls and assist with reducing fear of falling**

**Helps to relieve pain and stiffness**

**Relieves stress**

**Improves concentration**

**Improves posture**

**Decreases blood pressure**

**Improves immunity**

**Improved balance and flexibility**

**An enhanced sense of wellbeing**

**Help develop and maintain overall physical and mental wellbeing.**

**Tai Chi for Health GUOOF Hall ,  
161 Blende Street Broken Hill 2880**



**Health**  
Far West  
Local Health District



# **TAI CHI CLASSES FOR HEALTH**



## What Participants say about Tai Chi

The benefits of regularly practicing Tai Chi can result in: Improved fitness; muscle strength, coordination and flexibility, improves balance and decreases risk of falls, eases pain and stiffness and helps you to relax and feel better.

The volunteer leaders attend and are accredited at regular Tai Chi training organized by the Far West Local Health District.

**“Assisted in stress management”**

**“I find it relaxing”**

**“Very helpful, good for body”**

**“Tai Chi has helped me a lot with pain and stress”**

The classes are also a great way to meet people and the participants often go out for coffee after class.



### Time Table

CLASSES	DAY	TIME	VENUE
Beginners	Saturday	9.00 am	GUOOF Hall 161 Blende Street.
Advanced Classes	Wednesday	10.00 am	GUOOF Hall 161 Blende Street.
Advanced Classes	Saturday	10.15 am	GUOOF Hall 161 Blende Street.

Who is eligible?

Anyone in the Broken Hill community who is independently mobile.

If you are interested in finding out more about Tai Chi or any other volunteering opportunities call: Gail Turner, 044 7311252