

# Tai Chi



**for arthritis**

Join Fred Davies as he takes you through the Tai Chi for Arthritis program

**Tuesdays 1.00 - 2.15pm**

**Only  
\$2 per week**

DJ Cunningham Centre  
Mt Carberry Reserve

**Secure your place:  
9746 1247**

Station Rd  
Melton South  
(melways 342 K3)



Another 'Ageing Well in Melton'  
supported activity

