

# Tai Chi

for arthritis

Join Fred Davies as he takes you through this gentle and relaxing exercise

**Tuesdays**  
**10.30 - 11.30am**

Morton Homestead

Morton Blvd, Taylors Hill  
(melways 13 A3)

**Secure your place:**  
**9746 1247**



**Only**  
**\$2 per week**



Another 'Ageing Well in  
Melton' supported activity

