



**MENTAL HEALTH
MATTERS WALES**

Tai Chi

Tai Chi is a gentle Chinese martial art of slow meditative physical exercise designed for relaxation, balance, health and wellbeing

Join Mental Health Matters Wales for weekly
Tai Chi and Qigong sessions
(including seated variations)



**Every Friday from 1pm - 2:30pm at:
Union Offices, Quarella Road, Bridgend. CF31 1JW**

Contact community@mhmwales.org or call **(01656) 767 045**
for further information and to register a place