



**harpers**  
health & fitness

# Tai Chi for Balance

**Venue:** Stoke Mandeville Stadium  
**Dates:** September 23rd – December 2nd  
Half term break October 28th  
**Times:** Wednesdays, 2.30pm – 3.30pm  
**Instructor Team:** Jenny Burton/Chris Poole – Hearing Therapists  
Gill Morgan/Linda Turner – Physiotherapists

Tai Chi for Balance is a programme of gentle flowing movements designed to improve flexibility, strength, posture and balance. If practised regularly it can help to increase cardio-respiratory fitness. By slowly increasing joint flexibility and muscle strength a reduction in pain and stiffness often results.

Anyone can do Tai Chi as it is practised within a person's individual capabilities, which enables participation in an activity to promote a healthy lifestyle. It is particularly beneficial for people with arthritis, balance difficulties, osteoporosis, high blood pressure and tinnitus.

## Stoke Mandeville Stadium

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