



MeridianConnectionTaiChi

FREE TAI CHI  
INFORMATION  
SESSION

Let's talk about how to live well,  
feel fabulous through ancient  
Tai Chi & Qi Gong exercise

**Date: 30th August Friday**

**Venue: Cove Civic Centre Meeting Room 8  
10 am -12**

**Free coffee/tea, light refreshments  
provided**