



Christchurch Community Rooms,
South St, Cockermouth

Wednesdays

***Beginners' 10am, Improvers 11am**

£5

TAI CHI

Low impact exercise, deep breathing and relaxation with flowing movements
for wellbeing, balance, posture and mobility



Supported by



Just Drop in or for more info email t.gether.cockermouth@gmail.com ,
or pop into library Tuesdays 10am –1pm