



# Tai Chi

Tai Chi is an evidence-based therapy that integrates body and mind. The graceful movements, deep breathing and relaxation techniques are designed to enhance balance flexibility, strength, and mental wellbeing.

Our fun and gentle Tai Chi classes go for one hour, and are run by a qualified Tai Chi instructor. Our Tai Chi classes are suitable for all fitness levels.

## Locations

**Our Tai Chi classes are held at:**

The Gardens Recreation Centre  
corner Kings and Martins Roads, Parafield Gardens

Golden Grove Wellbeing Centre  
1000 The Golden Way (the Clock Tower Building),  
Golden Grove

*Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees may also be claimed.*

Contact us on 1300 444 663 or  
[homecare@helpinghand.org.au](mailto:homecare@helpinghand.org.au) to find out more