

MODIFIED TAI CHI CALENDAR – FEBRUARY-MAY 2012

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MOTUROA St James Church Hall 24 Lawry Street, New Plymouth</p> <p>10-11am 7 February to 29 May</p> <p>Instructor: Joanna Smith-Holley</p>	<p>STRATFORD Council Chambers Function Facility</p> <p>9.30 – 10.30am 8 February to 30 May</p> <p>Instructors: Anne Barker & Charles Lawrence</p>	<p>MERRILANDS DOMAIN 251 Mangorei Road, New Plymouth</p> <p>9.15-10.15am 2 Feb to 17 May</p> <p>Instructor: Catherine Lawn</p>	
		<p>OAKURA HALL Main road, Oakura</p> <p>9.30-10.30am 16 Feb to 31 May</p> <p>Instructor: Joanna Smith-Holley</p>	<p>WAITARA WAR MEMORIAL HALL Memorial Place, Waitara</p> <p>11am-12pm 3 February to 1 June (No class on 4 May) Instructors: Anne Barker & Anne Quinlan</p>
	<p>WESTOWN STAR GYM Tukapa Street, New Plymouth</p> <p>1-2pm 1 Feb to 23 May</p> <p>Instructor: Anne Quinlan</p>	<p>FITZROY SAMOAN METHODIST CHURCH 505 Devon Street East, New Plymouth</p> <p>1-2pm 2 Feb to 17 May</p> <p>Instructor: Sue Martin</p>	<p>BELL BLOCK HALL Main road, Bell Block</p> <p>1.30-2.30pm 3 February to 25 May</p> <p>Instructors: Anne Barker & Anne Quinlan</p>
<p>FERNDALE HALL Barry Street, New Plymouth</p> <p>1-2pm 7 February to 29 May</p> <p>Instructor: Anne Quinlan</p>			

Your best resolution for the New Year:

Stand up to falls, improve your balance and mobility and strengthen your legs.

Join our free Modified Tai Chi classes

Modified Tai Chi has been developed especially for older adults and is made up of slow, gentle movements.

The programme has proven to be effective in reducing the incidence of falls by improving balance, coordination, flexibility and lower leg strength.

Participants also report improvement with relaxation, sleeping and breathing patterns.

This gentle exercise programme is fully funded by ACC as part of its Falls Prevention Strategy.

Nine new classes of Modified Tai Chi for Older Adults, aged 65 and over, 55 if Maori or Pacific Islanders, are being offered this term.

All classes are due to start early February and registrations are essential.

Please call Joëlle Xavier at Sport Taranaki on 06-759 0930 ext. 706

or email joelle@sporttaranaki.org.nz for more information and/or to register in a class.