



We invite you to the *Taoist Tai Chi*™ arts

# Celebrating International Seniors Day

...come and see how *Taoist Tai Chi*™ arts can provide:

- \*health improvement
- \*pain relief
- \*increased mobility
- \*enhanced mobility

**Wednesday 7<sup>th</sup> November 2018  
12.30pm**

**St. John's Centre,  
Duke Street  
Hamilton ML3 7DT**

**Everyone is welcome, invite a friend  
Join us for tea, cake and chat  
Watch and try**