



THE BELLERIVE QUAY HEALTH HUB

HOLISTIC WELLNESS CENTRE



TAI CHI

Group classes now available at The Bellerive Quay Health Hub!

A gentle way to fight stress.
Tai Chi helps reduce stress and anxiety.
It also helps increase flexibility and balance.

If you're looking for a way to reduce stress or improve balance, consider Tai Chi. Originally developed for self defence, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

Enrolments Essential

See the Website and phone The Hub to book into available Classes!
Hurry as places are filling fast!

The Bellerive Quay Health Hub
33 Cambridge Road
Bellerive Quay, TAS, 7018

Level 1 Shop 3A - Group Therapy and Education Hub
Level 2 Shop 6 - Reception and Retail Hub
Level 3 - Therapy, Assessment and Consultation Hub

p: 6122 0150
f: 6122 0169
e: reception@yourhealthhub.com.au
w: www.yourhealthhub.com.au