



Enfield Health & Wellbeing Centre

## Tai Chi & Qigong Exercises

Improve balance and reduce the risk of falls  
Improve posture, balance and general mobility  
Improve mobility in the ankles, hips and knees  
in people with rheumatoid arthritis

Strengthen your heart

Can be seated or standing according to your ability

**Tuesdays at 12pm**

St Pauls Centre  
102 Church Street  
Enfield, EN2 6AR

**Wednesdays at 10:30am**

St Luke's Church  
2a Phipps Hatch Lane  
Enfield EN2 0HL

For further information and price  
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