



Tai Chi Programs

Tai Chi is safe and easy to learn, proven to help relax mind and body, relieve pain, and improve balance, health and wellbeing. At Sunbury Community Health Centre we have two alternating Tai Chi programs and a regular practice group. All classes are run by a Tai Chi Leader trained at Arthritis Victoria.

Tai Chi for Everyone

A 12 week program of gentle exercise, originally designed by Dr Paul Lam in conjunction with the Arthritis Foundation, for people with arthritis; it is a great introduction to Tai Chi. All are welcome whether you have a diagnosed health condition or not.

Tai Chi for Better Health

Endorsed by Arthritis Victoria under their Tai Chi for Diabetes program, this is a slightly more challenging form of Tai Chi than Tai Chi for Everyone.

Tai Chi Practice Group

A weekly Tai Chi class for those who have completed a program and would like to practise in a friendly group setting.

Tai Chi Programs:

Friday 2:30–3:30pm

\$60 for 12 week program

Practice Group:

Fridays 1:00–1:45 pm

\$2 per session



Places are limited. Please call Physiotherapy on 97449522 for more information or to register. An assessment and / or medical clearance may be required.

