

Sunbury: Free tai chi classes offered at Village Green

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Free tai chi classes will be held in Sunbury's Village Green from Wednesday, March 25.

The lessons, presented by the Sunbury Tai Chi Alliance and Sunbury Community Health (SCH), will take place at 12.30pm and 1pm.

SCH physiotherapist Rebecca Cathie says tai chi is a gentle exercise which gives people a chance to enhance their well-being and connect with others.

Two 20-minute classes will be held every Wednesday, weather permitting. No bookings required. For more details, phone 9744 4455.