

#DGDODINGMORE



Free Tai Chi Taster Sessions

Has lockdowns left you feeling less confident on your feet? Have you noticed a decline in your mobility?

Don't worry you are not alone.

With over an increase of broken hips due to falls, we recognise that many of our community are struggling with the effects of isolating.

Tai Chi is a low impact exercise that has a number of health benefits and is ideal for helping ease back into a more active life.

The exercises are suitable for anyone with mobility issues and can be done in a seating or standing position.



10 Benefits of taking up Tai Chi

1. Relieves physical effects of stress
2. Promotes deep breathing
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps with arthritis pain
6. Reduces blood pressure
7. Requires mind and body integration through mental imagery
8. Accumulates energy by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening ankles and knees

All sessions will be held outdoors (come rain or shine) in the **Crichton Memorial Church, Car Pak, Dumfries** (in front of Easterbrook Hall)

Sessions will run twice daily on the following dates for 45 mins

Tuesday 10th August
Tuesday 17th August
Tuesday 24th August
Tuesday 31st August

Session 1 – Registration 2:45pm. Prompt start @ 3:15pm
Session 2 – Registration 3:45pm. Prompt start @ 4:15pm

To book, call Carolyn in our Community Health Development Team on 07388955675 or email Carolyn.watson@nhs.scot

Those attending must be able to stand independently for the duration of the session or bring their own chair/wheel chair as the exercises can be done sitting.

Volunteers will be on hand to support

