

Newstead

A Tai Chi for beginners group. New participants are always welcome. Sessions are held at the Mechanics Hall on Lyons Street in Newstead.

Tuesdays 10—11am

Contact: Barry 5476 2436

Fee: \$3/ session

Barfold

A Tai Chi for beginners group. New participants are always welcome. Sessions are held at the Barfold Hall on the Kyneton—Redesdale Road in Barfold.

Mondays 9.30—10.30am

Contact: Susan 5423 4196

Fee: \$5 / session

Fryerstown

A Tai Chi for beginners group. New participants are always welcome. Sessions are held at the Old Fryerstown School on Camp Street in Fryerstown.

Fridays 2—3pm.

Contact: Team 0408 507 244

Fee: \$4 / session

Castlemaine District Community Health

13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

email@cdch.com.au

www.cdchcastlemaine.com.au

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



**Castlemaine
District
Community
Health**

COMMUNITY HEALTH
Information Resources Promotion

**For more information,
contact Reception on 5479 1000,
or visit our website
www.cdchcastlemaine.com.au**

Tai Chi groups

Facilitating Better Health

*Your Health
Your Community
Your Community Health Centre*

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**Castlemaine District
Community Health**
Facilitating Better Health

What is Tai Chi?

- ◆ Tai Chi is a gentle low-impact exercise that can benefit the whole body.
- ◆ There are Tai Chi group programs in Castlemaine, Guildford, Newstead, Fryerstown, Maldon and Barfold
- ◆ Tai Chi for Arthritis groups are led by Arthritis Victoria trained Tai Chi leaders.

How can I benefit?

Tai Chi improves:

- ◆ Balance
- ◆ Mobility
- ◆ Flexibility
- ◆ Strength
- ◆ Coordination
- ◆ General health, especially relaxation and posture

Tai Chi also reduces the risk of falls.

Tai Chi groups

Castlemaine

Suitable for all levels and ages, including beginners and older people.

Morning session

Sessions are held in the Castlemaine Botanical Gardens (October to Easter), and in the Uniting Church Hall (Easter to October).

Mondays 9.30—11am

Evening session

Sessions are held at the Castlemaine District Community Health Gym (behind main building), 13 Mostyn Street, Castlemaine.

Thursdays 6—7pm

Contact: Janine 5479 1000

Fee: \$4 / session

Guildford

A Tai Chi for beginners and ongoing group. New participants are always welcome. Sessions are held at the Guildford Community Hall, corner of Fryers and Templeton Streets in Guildford.

Fridays 10—11am

Contact: Teresa 0422 324 800

Fee: \$4 / session

Maldon

A Tai Chi for beginners group. New participants are always welcome. Sessions are held at the Maldon Neighborhood Centre, Corner of Edward and Church Street, Maldon.

Thursdays 11.30am—12.30pm

Contact: Jenny

0417475270

Fee: \$2 / session



**To access any of our services,
please call Reception on 5479 1000**

*Fees apply to some services, please ask at
Reception*