

## Community Tai Chi /Qigong sessions



The Haywood Foundation are very happy to announce that they are to once again fund the very popular Tai Chi and Qigong sessions, helping to support patients with **arthritis or other related conditions** in terms of their health and wellbeing.

Tai Chi and Qigong are low impact activities suitable for everyone. Each person works within their own limitations to improve their strength, balance and flexibility, without putting stress on their joints.

It is an ideal activity if you are recovering from a fall or want to improve your mobility.

Tai Chi can improve your mood and help with depression, stress and anxiety. It can improve energy levels, increase stamina as well as lowering your blood pressure. It is also a very social activity.

Fortnightly Sessions take place at the following venues:

- **Bagnall Village Hall, School Road, Bagnall** **Tuesday 1.30 – 2.30pm**
- **Quaker Meeting House, Overton Bank, Leek** **Tuesday 4.00 - 5.00pm**

Weekly Sessions take place at the following venues:

- **Port Vale FC Sports Hall, Hamil Road, Burslem** **Thursday 1.30 - 2.30pm**
- **The Pensioners Hall, Church Street, Audley** **Thursday 3.30 - 4.30pm**

An introductory trial of eight sessions are free and open to all patients who are interested in trying these ancient Chinese health exercises to aid relaxation, enhance their well-being and reduce stress levels.

If you are interested, want to find out more, or would like to book a place please contact June Brammar on 01782 652734 or email [june.brammar@mpft.nhs.uk](mailto:june.brammar@mpft.nhs.uk)