



# Healthy George Town



# ONLINE

## HEALTHY TAI CHI (ONLINE)

PROGRAM PARTNER

Wednesday's 30th of June to 4th of August | 5:30pm to 6:15pm

@Online, via the Healthy George Town Facebook page



### FREE 6 Week Online Program!

Do your class at home! Enjoy the gentle flowing movements to improve balance, build flexibility, coordination and strengthen the mind and body. Do not miss a session by staying up to date via the Healthy George Town Facebook page: <https://www.facebook.com/healthygeorgetowntasmania>

### OTHER INFORMATION

Do your class at home! Enjoy the gentle flowing movements to improve balance, build flexibility, coordination and strengthen the mind and body.

### CONTACT DETAILS

Grant Scurr  
ironlotustaichi@gmail.com  
0418 606 656

### HOW TO REGISTER

Just turn up on the day to participate or pre-register today via one of the options below:

1. Complete a paper-based form at the session OR
2. Register online at: [healthytasmania.com.au/Registration/](http://healthytasmania.com.au/Registration/) OR
3. Fill in your details just ONCE by downloading the "I'm In by Healthy Tasmania" phone app available on iOS and Android. Then simply bring your phone to a session and scan the QR code on your phone with the session coordinator's phone.

