TAI CHI CLASS FOR BEGINNERS



**NEWCASTLE LEISURE CENTRE**

**STARTING FRIDAY 10th Jan 2020**

***(Free 12 week programme)***

**3.30PM – 4.30PM**

To book a place or find out more information please contact a member of the Multi- Disciplinary Team in your Local GP Surgery.

Or

County Down Rural Community Network

On 028 4461 2311