

FREE



FREE

6 sessions of Tai Chi in Tawd Valley Park, Skelmersdale.



Sessions will take place each Saturday starting from 27th July 2019 from 12noon to 1pm



Meet at Skelmersdale Library at 11.45am

Please wear non-restrictive clothing and comfortable footwear.

For further details please contact Heather Reade, Tai Chi & Qi Gong Master,
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