



## Tai- Chi & A Cup Of Tea

This Carers Week, we're inviting all unpaid carers to take a well-deserved pause from their daily routines and join us for a calming, nurturing experience that's all about you.

Start your morning with a soothing Tai Chi session, led by a qualified instructor who will gently guide you through simple, flowing movements designed to promote relaxation, reduce stress, and improve balance and flexibility. Whether you're brand new to Tai Chi or already familiar with it, this session is open to all abilities and fitness levels.

Afterward, stay for a friendly "cuppa and chat" — enjoy a warm

drink, light refreshments, and some relaxed conversation with others who understand what it's like to be a carer. It's a wonderful chance to connect, share experiences, and simply enjoy the company of those who truly get it.

**When:** Thursday 16th October

**Where:** Rules Club, Wagga Wagga  
(188 Fernleigh Rd, Wagga)

**Time:** 10:00am — 1:00pm

**RSVP:** Scan QR Code

