

Support Asian Women's Friendship Association Inc. 亞洲婦女聯誼協會



Southside Community Services Inc.

Present

Stay Firm and Be Active

A Tai Chi Exercise program specially catering for CALD backgrounds  
(*Culturally and Linguistically Diverse Background*) seniors and their carers

一個專為長者而設的太極健身班



Chương trình tập Thái Cực Quyền (Tai chi) đặc biệt dành cho những người cao niên có nguồn gốc văn hóa và ngôn ngữ khác nhau, và những người chăm sóc họ

**Location: Southside Community Services**  
63 Boolimba Crescent, Narrabundah

**When: From 24<sup>th</sup> January, every Thursday**  
Except school holidays

**Time: 10.45 to 11.45am**

**Cost: free (gold coin donation for refreshment)**

In order to assist those seniors who need transport; the Southside Community Services will provide a free transport service to and from the exercise venue. Pick up time from Civic is at 10.25am and return to Civic after the program. Please RSVP for this service.

If you are interested or would like more information about this new Tai Chi program, please call 0422737751.

Postal address: Shop 4 Calwell Shops  
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