



**Taoist Tai Chi™ arts of health**  
**Saturday**  
**4 May 2019**  
**2:00pm to 3:30pm**  
**Free**

**Location:** Upstairs, 65 Dundas Court Phillip

The program will start at 2:00pm and include a demonstration, a 'have a go' session for members of the public, a short talk by a couple of members about the health benefits they've experienced from tai chi, followed by afternoon tea.

For further information contact [act@taoist.org](mailto:act@taoist.org), visit the website at [www.taoist.org.au](http://www.taoist.org.au)  
or Phone 02 - 6249 6117