

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



Southside Community Services Inc.

提供 together Present

Stay Firm and Be Active

腳踏實地太極班

一個專為長者而設的太極健身班

A Tai Chi Exercise program specially catered for Chinese Seniors
and their carers.



地點：市中多元文化中心二樓

Location: Theo Notaras Multicultural Centre

活動日期：由十月起逢星期二

When: From October, every Tuesday

when the senior group activities is on (in the function room)

時間：上午十時三十分至十一時三十分

Time: 10.30 to 11.30am

諮詢請電黎姑娘：0422737751,

For more information, please call 0422737751

Postal address: PO Box 717 MAWSON 2607
Phone: 0422737751 Fax: 62926001

Email: info@sawsfriendship.org.au
Website: www.sawsfriendship.org.au

Supported by



ACT
Government
Health