



# 2024 Seniors Festival



## Free Community Tai Chi & Qigong class.

Why not come join us for a free lesson of Tai Chi & Qigong during the Seniors Festival with our experienced instructor Judy Wong.

This low impact session is designed to increase your flexibility and leave you relaxed and energised.

Brought to you by Keyton - Leaders in Retirement Living.

**When** Thursday 14th March  
1.00pm – 2.00pm

**Where** Glenside Community Centre  
Glenside Retirement Village  
207 Forestway, Belrose

**RSVP** Prior to Friday 8th March  
via eventbrite or emailing  
[tracy.thomas@keyton.com.au](mailto:tracy.thomas@keyton.com.au)

*Bookings essential as spaces are limited.*



**Glenside Retirement Village**

1800 550 550  
[keyton.com.au](http://keyton.com.au)