



# 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	Tuesday 12th or 19th March 10.30am – 11.30am
Where	Dee Why Gardens Community Centre Dee Why Gardens Retirement Village 155 Fisher Rd N, Dee Why
RSVP	Prior to Friday 8th March via eventbrite or emailing <a href="mailto:tracy.thomas@keyton.com.au">tracy.thomas@keyton.com.au</a>

*Bookings essential as spaces are limited.*



Dee Why Gardens Retirement Village

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