



# Shui

## Tai Chi Chuan & Chi Kung



The gentle exercise art for all ages



Develop good health



Combat stress



**Fridays 7:30pm-9pm**

**North East Mitcham Community Association**

**51 Woodland Way**

**Mitcham**

**CR4 2DZ**

**For more information contact:**

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**Tai Chi Union for Great Britain**  
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