



# Nutrition and Lifestyle Service

## FREE TAI CHI

The Nutrition and Lifestyle Service at CADAS is holding free tai chi classes as part of its New Years Resolution initiative, to help people bring in 2011 with a healthy start. Tai Chi is a gentle exercise that can be adapted to all ages and fitness levels.



- Exercise Introduction
- Moving meditation
- Meet new friends
- Find out more about the Nutrition and Lifestyle Service
- Build up confidence towards exercising regularly
- Find out about the history of tai chi
- Get an introduction to Taoist philosophy
- Improve balance, co-ordination, posture and flexibility
- Learn gentle adapted exercises for your fitness needs or physical requirements.

Every Friday @  
CADAS

Time: 3pm-4pm

The CADAS building is located on the corner of Harrison St and Paradise St. It is situated behind Specsavers Opticians on Dalton Rd, and behind the Greengate Club on Greengate St.

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**Drop In**

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CUMBRIA ALCOHOL  
AND DRUG  
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