



ROTARY CLUB OF HUNTERS HILL Inc.

(ABN 41488577159
Charitable Purpose No. CFN10428
District 9680 NSW Australia)

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To: Local Residents,

The Rotary Club of Hunters Hills invites you once again to our tai-chi classes. You don't have to be a member of Rotary to participate, just come along and enjoy the benefits of tai-chi.

Classes are being held at Weil Park, (opposite Marist Sisters Girl's School on Woolwich Road) on Tuesday and Thursday mornings from 7:30 am till 8:30 am. Classes are held in the Scout Hall at the park on days when the weather is too cold or wet and does not permit outside activity.

The tai chi Grandmaster, Gary Khor says "a growing body of Western medical researchers are starting to marvel at tai chi exercise. This exercise art has been studied in-depth in the East for many centuries as a sophisticated system promoting health and longevity. Western scientists now concur the practice of tai chi is of tremendous benefit in many physical and mental health situations.

This is a new initiative of the Rotary Club of Hunters Hill, proven to be very popular with over 40 residents already signed up. We would appreciate your support in this endeavour.

Your first attendance is **FREE** at no cost and thereafter, if you are interested you must purchase a book of 10 ticket = \$100 to be used as you please.

Come along, get yourself in shape and help the community at the same time.

Please register your interest by just 'turning up' on either Tuesday or Thursday or by emailing taichi@huntershillrotaryclub.org.au

Yours faithfully,

Charles Amos
Past President
tai-chi Co-ordinator