

# Healthy Lives, Healthy Homes



## LISHI TAI CHI



### WHEN

**Every Tuesday**



### WHERE

**Roscoe Methodist Church Hall  
Chapelton, Leeds, LS7 4BY  
(Entrance on Cross Cowper Street)**

### TIME

**11:30AM - 12:30PM**

**£2.50 per  
session**

**Are you over 60 with a  
long-term condition?**

**If so come along to  
our weekly class!**

**.Low impact**

**.Mind -body  
co-ordination**

**.Boost your wellbeing**

**.Socialise**

**.Stop for a tea or coffee  
at the Roscoe Café  
(Extra Cost)**

**.Everyone Welcome!**

For further information contact Hiesha:



0113 350 4200



[www.fgfleeds.org](http://www.fgfleeds.org)



[hiesha@fgfleeds.org](mailto:hiesha@fgfleeds.org)



@fgfleeds



LOTTERY FUNDED



Dementia  
Friendly  
Communities