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**Themes:** Health and Wellbeing, Mental Health, Social Activities

**Aimed at:** All People

Tai Chi will be starting a new group in Shireoaks next week so we have two lovely classes to attend.

St Anne's Hall with Chris

Mondays 10:30-11:30am (on holiday 20th September 2021)

Shireoaks Village Hall with Bryan

Wednesdays 12-1pm (Starting 15th September 2021)

FREE parking is accessible at both venues and classes are charged at £5 per person. Please help me spread the word and please get in touch to discuss any possible barriers.

Jade Mercer

Wellbeing Practitioner | Aurora Bassetlaw

My working days are Mon-Fri 9-3

Tel; 07947 353509

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AURORA WELLBEING CENTRES - REGISTERED CHARITY NO. 1166462

**Area:** Bassetlaw

### **Contact Details**

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