

Tai Chi sessions



**Thursdays
5.30pm - 6.30pm
@ Nightingale
GP Practice**

All abilities welcome.

For more information contact:

togetherbetter.nightingale@nhs.net

07305 617 421

**THE NIGHTINGALE PRACTICE
10 KENNINGHALL ROAD,
LONDON, E5 8BY**

**TOGETHER
BETTER
@ VCHACKNEY**

NHS

**City and Hackney
Clinical Commissioning Group**