



Tai Chi for Kids

SATURDAY 23RD SEPTEMBER, 1.30PM
TE ATATŪ PENINSULA LIBRARY

Join Juliana from Aroha Tai Chi as she guides you through this fun Tai Chi session designed especially for kids.

Learn cool moves like dragon swirling!

This FREE session is suitable for children age 4 and over. (All children must be accompanied by an adult.)

MHAW
Mental Health
Awareness Week

aroha
T A I · C H I

Te Poari ā-Rohe o
Henderson-Massey
Te Kaunihera o Tāmaki Makaurau

