



Community Service Announcement

September 2010

STAY ON YOUR FEET® WEEK 12 – 18 September 2010

The Taoist Tai Chi Society – Maddington Branch will be holding an Open House on Thursday 16th September 9.30 – 11am to celebrate Stay On Your Feet® Week. Seniors in the Cities of Armadale and Gosnells are invited to a free event that promotes healthy and active ageing.

See demonstrations of Taoist Tai Chi

“Have-a-go”

Share a delicious morning tea

Learn about how Taoist Tai Chi can help you stay on your feet and improve your health and well-being

You will find us at Unit 9, 80 Attfield St Maddington opposite the Maddington Shopping Centre.

Please contact the Maddington Branch on 9493 2428 or check our website www.taoist.org.au for further information.