



# PARKINSON'S TAI CHI & QI-GONG CLASS

EVERY TUESDAY FROM 11th FEBRUARY 2020

## FREE EXERCISE CLASSES FOR ALL AFFECTED BY PARKINSON'S.

PCSUK, are proud to be the UK's number 1 Parkinson's charity focussing on natural remedies alternative therapies and non-pharmaceutical research.

CARERS WELCOME

14.30 TO 15.30



HELPING PEOPLE AFFECTED  
BY PARKINSON'S



**\*\* NEW COMERS, PLEASE ARRIVE 15 MINS BEFORE CLASS TO REGISTER \*\***

MAYFORD VILLAGE HALL • SAUNDERS LANE • MAYFORD • WOKING • SURREY • GU22 0NN  
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A charity registered in England and Wales (1179246) and in Scotland (SC048881)