



## TAI CHI



**Where:** Inverbrena Hall, Strangford

**Next sessions: Tuesdays 21<sup>st</sup> February, 6<sup>th</sup> and 20<sup>th</sup> March 2pm**

**For info: Contact Maria on 028 4488 1113**

Because there is a tutor and a rented hall, there is a cost. New participants are very welcome and can have a taster for £5 before committing themselves to joining.

All you need are flat shoes (or socks) and loose clothing.

Inverbrena Hall is on Stella Maris Street. Coming into Strangford from Downpatrick, you see the Mace shop on the right hand side with 2 streets going right in a sort of V shape. Stella Maris is the lower of these, between the pharmacy and the barber shop, the hall is on the right. Parking at the hall is limited so you may be better to park on the street or go down the short hill to the car park for the ferry and walk back.