Tai Chi for Carers

We would love you to join us at the Carer Retreat for Tai Chi with our qualified Tai Chi instructor, Joel

12.30pm – 1pm
Every Friday
From 16 February 2018 to 29 June 2018
Carer Retreat, 91 Holden Street, Gosford

You are also welcome to share some light refreshments with other carers and Carer Retreat volunteers and staff before or after the session.

What is the Carer Retreat?
A cottage across the road from the hospital where carers can rest, find information and support, use the internet, telephone and business services and speak to professionally trained staff about the supports available to assist carers.
Sian, Maureen and Tia, call 4320 5556