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**On Friday 13 September, our residents at Woodstock Residential Care Home were excited to try a Tai Chi class for the first time.**

Originating in ancient China, Tai Chi is one of the most effective exercises for mind and body health. Practitioners of Tai Chi use its techniques to enhance physical and mental health, as well as to improve posture, balance, flexibility, and strength.

Our residents enjoyed doing the gentle seated movements as a group. It's a great way to stay active and we are already looking forward to the next class!

