



## **MEN'S HEALTH WEEK** **13<sup>th</sup> – 19<sup>th</sup> June 2016**

How do you beat stress?  
Try Tai Chi!

Come along to Hobs Moat Library to learn more about Tai Chi and how it can help improve many aspects of health.

Stephen Newman will be holding a Tai Chi class at  
Hobs Moat Library on  
Monday 13<sup>th</sup> June  
11am – 12noon  
to demonstrate this gentle exercise.

All welcome to join in – ladies too!

Hobs Moat Library 0121 743 4592

