

Keeping Sharp - Chi Kung with Chris



Join this weekly fun exercise class for older people.

About This Event

Calming and uplifting exercise with ancient Chinese roots, with benefits for flexibility, balance, energy levels, stamina and better posture.

Classes are free for all. If you would like to contribute, there is a suggested donation of £3 per class to support MRS Independent Living.

Accessibility Information

Please contact services@mrsindependentliving.org / 0330 380 1013 for further information regarding accessibility.

Event Time

Every Monday

**Mon,
10th Feb
2025**

2:30pm - 3:30pm

Event Price

Free

Event Location

**Marie Lloyd Centre
329-331
Queensbridge Road,
London
E8 3LA**

