

CBCHS Mission Statement

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

Values

Respect for each individual, families and for the diverse cultures within our community

Empowerment as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.

Collaboration with each other and members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.

Quality in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.

Transparency in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality, Community, Wellbeing

Address all correspondence to

**The CEO
Central Bayside Community Health
Services
Head Office
335 Nepean Highway Parkdale
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also
available from the following venues.**

**Oral Health Service
335 Nepean Highway Parkdale
Telephone 8587 0350**

**Adult Community Options
299 Central Dandenong Road Cheltenham
Telephone 9581 1111**

**Chelsea
3/1 The Strand Chelsea
Telephone 9781 9333**

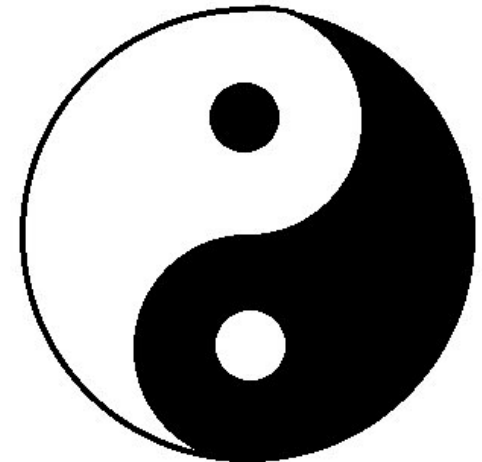
**Clarinda
58 Viney Street Clarinda
Telephone 9552 4333**

**Planned Activity Groups
31 Venice Street Mentone
Telephone 9583 6970**



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

Tai Chi for Wellbeing



**335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Working Smoke Free**

What Is Tai Chi

What Is Tai Chi

Tai Chi is an ancient Chinese form of Martial Art, based on martial art techniques from thousands of years ago. Tai Chi movements traditionally were very physical, fast and hard. Today Tai Chi is practised in many countries of the world and there are many different forms or styles. Many styles consist of movements that are more relaxed, gentle, refined and gradual.

Benefits of Tai Chi

Tai Chi is an effective healing tool for a range of disorders, particularly chronic and stress related conditions. These include:

- Anxiety
- Arthritis
- Balance and coordination
- Diabetes
- Fatigue
- Heart disease
- Joint stiffness
- Muscle tension
- Poor posture
- Stress.

Falls are common in older people and in Australia an estimated one in three older persons living at home will have a fall annually. Falls can cause serious injury which can result in reduced activity levels, frailty and social isolation and increase the likelihood of admission to residential care. Evidence shows that Tai Chi can help in preventing falls through improving mobility, strength, flexibility and balance.

Tai Chi Classes

Our Tai Chi classes are held weekly and during this time participants will gradually learn a system of twelve basic movements. Each session will begin with warm up exercises and end with cool down exercises. The program has been designed to be safe, comfortable and easy to learn. It allows for all participants to work at their own pace, encouraging rest when feeling tired and within their own pain limitations. Participants are advised to wear well-fitting shoes and loose comfortable clothing. Participants are required to fill out an enrolment form and a medical certificate is required in order to participate. Tai Chi is a great exercise and therapeutic experience. It offers an all round beneficial workout, has stress relief benefits and uplifts the mood.

**Why not try it today?
Please note fees apply**

VENUE:

Central Bayside Community
Health Services
58 Viney Street
Clarinda 3169

Central Bayside Community
Health Services
3/1 The Strand
Chelsea 3196

Contact:

Central Bayside Community
Health Services
Ph. 9781 9333