

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 communities.
- **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 with 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**

DENTAL CLINIC

335 NEPEAN HIGHWAY PARKDALE
TELEPHONE 8587 0350

ADULT COMMUNITY OPTIONS

299 CENTRE 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



**WE WELCOME YOUR
COMMENTS**



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

**Tai Chi
For
GOOD HEALTH**



**335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Registration No. A0034938T
Working Smoke Free**

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.

Tai Chi for Arthritis

The word 'arthritis' simply means inflammation of the joint. On a larger more complex scale, arthritis refers to a range of conditions that affect joints, muscles, bone and tissue.

There are well over 100 types of arthritis and the symptoms and the severity of the condition may vary from person to person.

There are many ways to manage the symptoms of arthritis, which include exercise, relaxation, stress management, nutrition, medications and education.

Many studies have shown that people suffering with arthritis have benefited greatly from participating in regular exercise. Tai Chi for arthritis has become recognised in the medical community as a beneficial form of exercise. Tai Chi exercise increases strength and flexibility of muscles, ligaments and bones. It also provides nourishment for joints, thus preventing deformities and increasing the ability to perform day-to-day tasks.

Tai Chi for arthritis exercise can improve flexibility, which can decrease stiffness and pain, helping to keep joints mobile. It can improve muscle strength, which helps keep joints stable, thereby protecting them.

Tai Chi for arthritis also improves levels of fitness, which strengthens the heart and lungs, thus allowing a good supply of blood and oxygen to flow.

Tai Chi Classes

Tai Chi classes are held weekly for a period of five weeks. During this time participants will gradually learn a system of six basic movements. An additional five weeks will give participants the opportunity to learn a further six advanced 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 consideration of their own pain limitations. Participants are advised to wear well-fitting shoes and loose comfortable clothing. Participants should fill out an enrolment form and must have written doctor's approval.

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!

VENUE:

**Central Bayside
Community Health
Services.**

**335 Nepean Highway
PARKDALE.**

Contact:

**Kerri Dunn
PH: 8587 0200**

Cost:

**\$5 per session or
5 sessions for \$20**