



LIFEDOCK CHI ME

The UK's most effective exercise course to reduce the risk of falls and improve strength, balance and co-ordination in older people.

This fully accredited training course is delivered over 2 days, in person

Chi Me benefits

The Lifedock Chi Me course, based on Tai Chi, can significantly reduce the risk of falls in older people. It can also improve muscular strength, balance, co-ordination, flexibility and relaxation.



Chi Me is proven to benefit those in pain management programmes, can improve mental health and is suitable for people recovering from injury.

As well as the numerous benefits that Chi Me can bring, it also creates a wonderful sense of wellbeing and can improve quality of life.

This course will include both seated and standing versions of Chi Me.

There is also growing evidence that Tai Chi can improve conditions associated with:

- Diabetes
- Breast cancer
- Heart disease
- Arthritis
- Low bone density
- Parkinson's disease
- Stroke
- Hypertension
- Sleep problems

Find out more at www.lifedock.com  
Find and follow us on Facebook and LinkedIn

COURSE DATES:

6 & 18 January Lough Moss Leisure Centre, Carryduff

FOR MORE DETAILS CONTACT:

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