

Tai Chi Class

Every Monday

11am to 12pm

£3

per class



Tai Chi is a gentle exercise and moving meditation, with benefits to our mental and physical health.

To register email info@meridianwellbeing.com

Meritage Centre, Church End, Hendon, NW4 4JT



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Meridian Wellbeing is the lead provider of the Barnet Wellbeing Hub