

When are the Classes Run?

Classes commence at the beginning of each year and a Registration Day is published in the local media and flyers displayed in the community.

Currently there are three options for Tai Chi Classes:

- Beginners Class held on Saturday Mornings
- Advanced Classes held on Wednesday Morning

Held at:

The South Broken Hill Golf Club

Cost?

Classes are free of charge

Who is Eligible?

Anyone in the Broken Hill Community who is independently mobile

If you are interested in finding out more about Tai Chi or any other volunteering opportunities call:

Far West LHD Volunteer Manager

Mary Leehane

08 8080 1256

Mary.Leehane@health.nsw.gov.au

Or for information on any Physical Activity Program call:

Health Promotion Officer

Rebecca Crawford

08 8080 1217

<http://fwlhd.health.nsw.gov.au/index.php>

Broken Hill Health Service

Telephone: 08 8080 1333



Health
Far West
Local Health District

TAI CHI CLASSES



Wednesday Advanced Class

Tai Chi for Health classes are conducted throughout the year in 13 week sessions. The classes are held at the South Broken Hill Golf Club and are run by Far West LHD Volunteers.

The volunteer leaders attend, and are accredited at, regular Tai Chi training organised by the Western NSW LHD Health Promotion Team.

These classes are one of the many areas where our volunteers assist the LHD in providing the community with access to a range of health and wellbeing programs.

Snapshot of Broken Hill Health Services

The Broken Hill Hospital consists of a 108 bed acute care hospital with general medicine, general surgical, obstetric, paediatric, emergency, mental health and drug and alcohol services. This includes two ten bed sub-acute units on site.

The town has a community based Diabetes Centre, a Child and Family Health Service, an Aboriginal Health Service and a number of general practices, including a Super Clinic.

Broken Hill is also home to the headquarters of the South Eastern Section of the Royal Flying Doctor Service.

**Broken Hill Base Hospital Telephone:
(08) 8080 1333**

*“Volunteers are unpaid,
not because they are worthless,
but because they are priceless”*

Author Unknown

Benefits of Tai Chi

Health Benefits of Tai Chi:

- ◆ Prevent falls and assist with reducing fear of falling
- ◆ Helps to relieve pain and stiffness
- ◆ Relieves stress
- ◆ Improves concentration
- ◆ Improves posture
- ◆ Decreases blood pressure
- ◆ Improves immunity
- ◆ Improved balance and flexibility
- ◆ An enhanced sense of wellbeing
- ◆ Help develop and maintain overall physical and mental wellbeing.

The classes are also a great way to meet people and the participants often go out for coffee after class.

What Participants say about Tai Chi

- ◇ “improved in everything”
- ◇ “assisted in stress management”
- ◇ I will continue with classes I find it relaxing
- ◇ “very helpful, good for body”
- ◇ “Tai Chi has helped me a lot with pain and stress”
- ◇ “enjoy coffee after class”



Saturday Morning Tai Chi Class at the South Broken Hill Golf Club

