



St Mungo's
Ending homelessness
Rebuilding lives

h+
health and
homelessness
project

GLL
better for everyone

Free Yoga/Tai Chi

Thursday

Yoga 3-4pm

Tai Chi 4-5pm

**Hammersmith Squash & Fitness Centre
Chalk Hill Road, Hammersmith, W6 8DW**

Both yoga and tai chi can improve health and wellbeing. Come along to do either yoga, tai chi or both on Thursdays.

**Contact Richard Banks (Richard.Banks@mungos.org)
if you are interested in attending**