



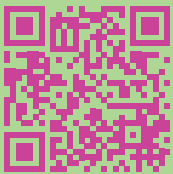
Wellbeing. Opportunities. Wisdom.

Discover the Ancient Practice of Qigong

Flow, focus and feel fantastic with Qigong, perfect for inner peace and power. Join Sarah Divine, Senior White Tiger Qigong Instructor, for a new year journey into enhanced wellbeing.

Every Tuesday morning from 10:00am to 11:00am from 4 February 2025. Minor Works Building Community Centre, 22 Stamford Court, Adelaide.

Bookings essential. Please contact the Healthy Ageing Team on (08) 8203 7203 or book a ticket here:



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