

Recharge for Care



Free Tai Chi classes in Banbury for carers of all ages

Classes will take place between 1pm and 2pm on:

Wednesday April 6th, 20th, 27th,
Wednesday May 4th, 18th, 25th,
Wednesday June 1st, 15th, 22nd & 29th

Tea and Coffee is available between 2 and 3pm - if you'd like to stay.

Classes are at Banbury Health & Wellbeing Centre, Ruskin Road, Banbury OX169HY

We can reimburse travel expenses and replacement care costs for those who need it to attend, just let me know when you call to book.

Please call to book a place
Michelle 01235 849470