

## MORNING EXERCISE AND TAI CHI @ GARDENS-BY-THE-BAY

Join us for light morning exercise and tai chi

Date: Saturday, 12 August 2023

**Time:** 9am – 11am

Meet at: Jurassic Nest Café @ Gardens-by-the-Bay





Tai Chi Master **Prof Lau Tang Ching** Senior Consultant Division of Rheumatology National University Hospital



**Elizabeth Chan** Physiotherapist KK Women's & Children's Hospital

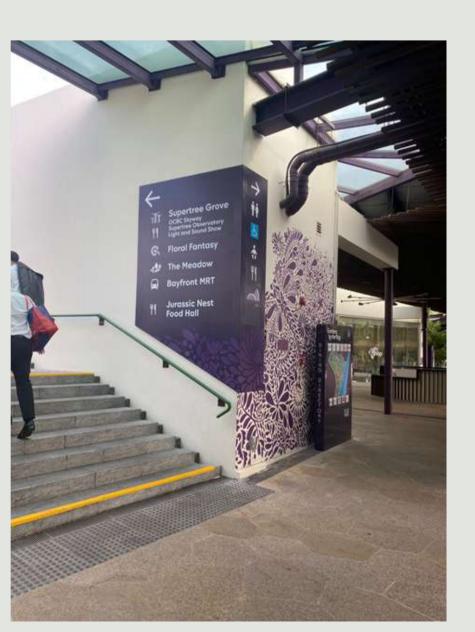


## **GETTING THERE**

By MRT **Bayfront Station** 



By Taxi Take Lift lobby B to Super Tree Observatory



Jurassic **Nest Cafe** 







