**Welcome to Tai Chi Port Stephens 108**Tai Chi is a very gentle, low impact form of exercise, with many health benefits. It is suitable for most ages and abilities.

However, we need to make sure this form of exercise is right for you. The instructors are not medically trained so we need your help to ensure this class will be of benefit to you. If you have any concerns about the suitability of this activity, please consult your doctor or physio before joining these classes. Please complete the questionnaire below and return it to us. The questions about your medical and physical issues just help us to help you get the most out of the classes. The information is confidential and will not be shared or used for any other purposes.

**LOCATION :Nelson Bay Community Centre - 6 Norburn Avenue Nelson Bay**

Your Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_\_\_\_

Mobile\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency contact

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medical issues

Eg Diabetes, Parkinsons (Circle or provide details)or none

Physical issues

Eg pain, balance issues, joint issues hip, ankle, shoulder. (Circle or provide details) or none

How did you hear about these classes?

If you have any issues, concerns or questions please contact us in person or by email or text. Looking forward to introducing you to the health benefits of tai chi and sharing the journey.

**Greg Smith**

**0425 362 121   
taichiportstephens108@gmail.com**