

G7748617AA-300615

EYE HEALTH AWARENESS

Optical care and innovation

● For more information, visit thecanberraoptometrist.com.au.



Feel Relaxed and Enjoy Better Health with Tai Chi



- Highly recommended by many health professionals
- See your posture & balance improve
- Be stronger, more flexible & energetic
- Think more clearly & concentrate better
- Feel relaxed, calm & content
- Introductory lesson **obligation free**
- **Beginners' classes start 20 - 25 July**
- Experience counts - 32 years in Canberra!



Beginners'
course
includes
free DVD

Kambah : Mon 20 July 6.15pm
Namadgi School Gym, O'Halloran
Cct, opp Caltex Petrol Station

Weston : Tues 21 July 12noon
Weston Creek Uniting Church Hall
16 Parkinson St

Woden : Wed 22 July 6.15pm
Canberra College Gym (formerly
Phillip College), Launceston St

Dickson : Thurs 23 July 6.15pm
Dickson College Gym
corner Phillip Ave and Antill St

Aranda : Mon 20 July 6.15pm
Sat 25 July 9.30am
St. Vincent's Pri Sch Hall
Bindel St

**Experience the Difference
for Yourself!**

We specialise in Tai Chi, Qigong, Meditation & Internal Martial Arts.

TAI CHI ACADEMY **6296 1357** **www.taichiacademy.com.au**



FREE
Digital Retinal Photography
with every standard eye test*



*Available with all eligible comprehensive eye tests.