

BREAK THRU PEOPLE SOLUTIONS

DE-STRESS WITH FREE TAI CHI AT MARTIN PLACE

Feeling stressed and anxious at work? Need a breath of fresh air? Well how does a bit of free tai chi, massage and BBQ sound to help recollect and re-energise yourself?

October is Mental Health Month in NSW and to help educate and encourage people to look after their mental health, Care For Families (CFF) is holding its annual **Tai Chi in the Place**. CFF is a not for profit community program that is part of Break Thru People Solutions.

Now in its third year, **Tai Chi in the Place** will be held at Martin Place where a free tai chi class will be on offer at lunchtime to encourage people to take some time out and enjoy trying something new. The class will be run by Tai Chi Fitness Australia where the instructors will also perform a special tai chi sword demonstration.

As well as a free tai chi class, there will be a free BBQ on site along with free five minute massages from Sydney Remedial Massage to help revitalise your body and soul in time for the weekend.

"Tai Chi in the Place began as a small event in 2009 where we wanted to involve our clients and local organisations in celebrating Mental Health Month by introducing them to a new stress management technique," says Christine Bala, Acting Manager of CFF.

"The event has grown every year and now in 2011 we hope to engage as many people as possible to promote the importance of investing in your mental health as well as support those people living with, or at risk of mental illness. Last year we saw almost 100 people take part and enjoy the free tai chi class despite the rain. This year we hope for better weather and even more participants!"

CFF is a free long-term education, support and counselling program developed for people with mental health issues and their families, friends and carers who support them in their recovery process. The program is facilitated by Break Thru People Solutions, a non-profit organisation that has been supporting people with disabilities and other barriers with employment for over 18 years.

Some of the key health benefits of tai chi include:

- Helping reduce depression levels
- Improving sleep patterns
- Handling stress better
- Improving concentration, self confidence and general health
- Promoting deep breathing - great for anxiety

EVENT DETAILS – TAI CHI IN THE PLACE

Date: Friday 7 October

Time: 10am-2pm. The free tai chi class will be held from 12-1pm

Location: Martin Place, Sydney

Other Activities: Free BBQ, free 5 minute massages, tai chi sword demonstration and stalls from other community organisations

Hope to see you there!

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**BREAK THRU
PEOPLE SOLUTIONS**

*Tai Chi
in the
Place*

All welcome!

In celebration of **Mental Health Month 2011**,
Break Thru invite you to attend

Tai Chi in the Place

Date: Friday, 7th October 2011
Time: 10am - 2pm
Location: Martin Place, Sydney
Cost: **FREE** (including sausage sizzle)

Come along & try out this great stress relieving
technique for a healthy mind & healthy body!

Tai Chi demonstration will be on from 12-1pm.
Community stalls will also be set up on the day.

**For more information, please contact
Suzanne on (02) 9505 8400.**

This event will be run by Break Thru's
'Care For Families' program and is open to the general public.



*Tai Chi
in the Place*



breakthru.org.au
Breaking thru barriers, creating futures.