

# Chinese Women's Club

中國女士俱樂部



**Come and join the Chinese Women's Club organised by CEDP Chinese Centre. The Club provides a meeting place for Chinese women (other women are welcome too!) to socialise, to practise English and Chinese, to get training in communication and other skills, and to learn Chinese traditional health tips to improve their overall wellbeing.**

**There are a wide range of activities:**

- **Keep fit – Chinese folk dance, fan dance, Tai Chi and Qigong exercise**
- **Telephone skills, communication and assertive skills for employment**
- **Quiz and games from both English and Chinese cultures**
- **Seminars on health and wellbeing – weight problems, fertility and other female health issues**
- **Arts and handcraft workshops – Chinese paper cutting, origami, painting, calligraphy and many more**
- **Beauty and fashion talks and shows**
- **Making Chinese food – festival food, simple quick stir-fry food.**



**Venue: CEDP Chinese Centre, BMECP Centre, 10A Fleet Street, Brighton BN1 4ZE**

**Time: 6:30pm – 8:30pm, the first Friday of each month.**

**Session fee (£5 - £10) varies according to activities.**

**Drinks and refreshment are provided at each session.**

**First session: Friday, 4<sup>th</sup> March 2011 Fee: £5**

**Activities: Quizzes and games from both English and Chinese cultures, and learn Ba Dun Qin relaxation exercise.**

**For more information please contact:**

**Mrs Jin McMartin (金子) 07805036018, [director@chinesecentre.org](mailto:director@chinesecentre.org)**