

TAI CHI CLASSES

Enhance your:
Physical and Mental Health
Balance - Flexibility - Posture - Strength

Tai Chi helps Reduce Falls and alleviate pain.
Call Community Health at 530-899-5156 to register

Dates: April 21st, 28th

May 5th, 12th, 19th, 26th

June 2nd, 9th, 16th, 23rd, 30th

July 7th

Time: 2:30pm-4:00pm

Place: Chico Masonic
Family Center

1110 W. East Ave

Chico, CA 95926

Limited to 10 participants

