

# 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 530-934-5431 to register

**Dates:** April 19<sup>th</sup>, 26<sup>th</sup>

May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 23<sup>th</sup>, 31<sup>st</sup>

June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

July 5<sup>th</sup>

**Time:** 9:30am-11:00am

**Place:** GCOE  
311 S. Villa St.  
Willows, CA 95988

Limited to 10 participants

