

# 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 530-207-5483 to register

## Dates:

May, 26<sup>th</sup>

June 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

July 7<sup>th</sup>

Time: 9:30am-11:00am

Place: NVIH Clinic Woodland

1280 E. Gibson Rd, Woodland,  
CA 95695

Limited to 10 participants

