



EIGHT FORM
TAI ~ CHI
FOR BETTER BALANCE

BEGINNING DATE: MONDAY, APRIL 2, 2018
MONDAYS AND WEDNESDAYS

TIME - 10:30 A.M. ~ 11:30 A.M.

LEARNING CENTER
591 MILUK DR., COOS BAY 97420

This will be an eight week class to learn the gentle, eight form program of Tai Chi developed specifically for promoting better balance. It can be practiced in a chair, with support or standing.

FOR MORE INFORMATION CONTACT: PAM AT 702-722-4977 OR
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