



White Crane
Wellness Center



**JOIN US
IN PERSON
IN THE
ACTIVITY
ROOM!**

Tai Chi

**Oak Park Township
Senior Center**



Tai Chi for Arthritis for Fall Prevention is a group exercise program designed to increase range of motion, strength, flexibility and overall wellness. Exercises offered are appropriate for people at all fitness levels, You can participate sitting or standing. Join us to improve your health and make new friends!

Spring is in a couple months! Join us to get started on a more active life style.
FREE pre and post assessment will be taken to track your progress!

**Every Monday from 1:00 PM to 2:00 PM
Starting, Monday, February 27th 2023**

**Oak Park Township at 130 S Oak Park Avenue
Oak Park, Illinois 60302**

Registration Required. Please call 708-725-9129

Non-Discrimination: Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; The Americans with Disabilities Act; The Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint. Senior Services programs are made possible by funding, in whole or in part, from AgeOptions, the Older Americans Act, Illinois Department on Aging, private donations, and monies from OP/RF Townships.