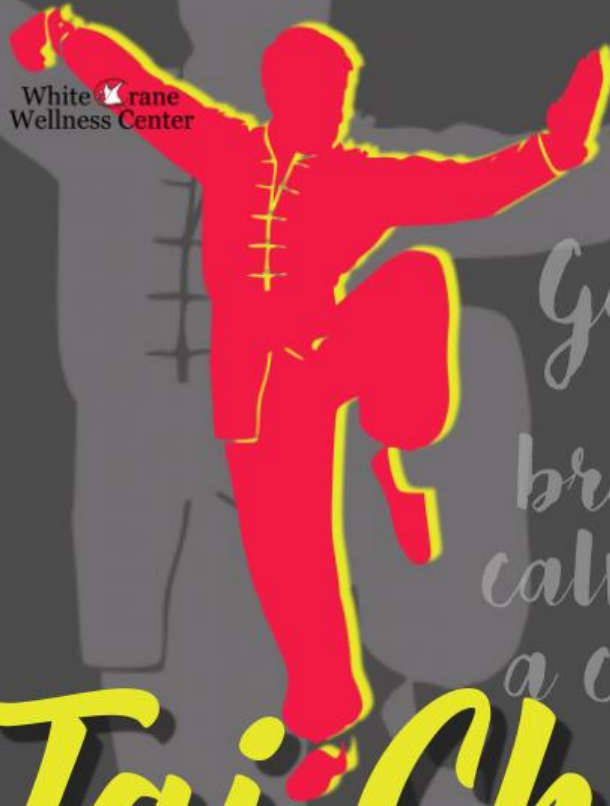


Improve your Balance, Strength, Agility & Coordination

White Crane
Wellness Center



*Gentle
as a
breeze,
calm as
a clam.*

Tai Chi

**ADDITIVE - PARTICIPANTS BUILD UPON
SKILLS FROM PREVIOUS CLASSES**

12 weeks/1hr/ once per week/ **STARTING IN MAY**

CLASSES WILL BE HELD VIA ZOOM

EVERY WEDNESDAY 11:30-12:30

CLASS IS FREE

CONTACT KRISTIN NORMAN TO REGISTER 708-613-1112



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