

CARES Health & Wellness

Presents



Tai Chi:

MOVING FOR BETTER BALANCE

10:00-11:00– a.m.

Mondays and Wednesdays

July 1st –July 18, 2019 (12 weeks)

THE CENTRE OF PALM HARBOR –
1500 16TH STREET, PALM HARBOR, FL

Class is FREE but registration is required

Sign up today! Call 727-777-2149

This class for Tai Chi is designed to help Seniors who have balance and/or mobility concerns. Improves balance, flexibility and strength with easy gentle movements

