

FROM THE COMFORT OF YOUR HOME

Every Monday at 9 AM
Registration is free and open to all

TAI CHI

For Healing



Start Healing:

- Balance Issues
- pain
- Parkinson's Disease
- Reduce Flexibility
- PTSD
- A Mental Health Diagnosis
- Arthritis
- COPD
- Osteoarthritis
- High blood pressure
- Or other issues?

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ZOOM INFO:

MEETING ID: 493 199 734
PASSCODE: 767862

ZOOM LINK:

[https://us02web.zoom.us/j/493199734?
pwd=cmtjb2w3SEpibXRVRTZRQm41eWxl
dz09](https://us02web.zoom.us/j/493199734?pwd=cmtjb2w3SEpibXRVRTZRQm41eWxlcz09)