



LEARN TAI CHI IN THE NEW YEAR

BEGINNERS TAI CHI CLASS

at

Wilson Heights United Church
1634 East 41st Ave, Vancouver, BC
(41st Ave & Argyle)

STARTS

THURSDAY- JANUARY 4, 2018

7:30 PM – 9:00 PM

CONTINUES EACH THURSDAY SAME TIME

FIRST CLASS FREE TO TRY

IMPROVE HEALTH & CONDITIONING

REDUCE STRESS & BUILD STRENGTH

DEVELOP BALANCE & COORDINATION

SUITABLE FOR ALL AGES & ABILITIES

To enquire or register, email: bernlum@telus.net

