

- FLC SENIORS CLUB - TAI CHI ACTIVITY -

***** NEW *****

TAI CHI for seniors with LIMITED MOBILITY

- in recovery
- using walking aids
- restricted by painful conditions
- Instructed by Master Cai -

12:15pm – 12:45pm on Tuesdays at the Trico Centre

April 7th – June 23rd

\$50 for 10 classes

Cash, or Cheque made out to FLC Seniors Tai Chi

For class and registration information:

Visit <https://www.flcseniors.ca/activities/taichi>

Call Juliette at 403-225-1593

or Call Hilary at 403-256-2156