

GROUP TAI CHI FOR BEGINNERS IN PERSON

Practice movements to support:

- Better Balance
- Stability
- Coordination
- Agility



MAY 7 - JUL. 16

Where:

*Millbrae Rec. Center,
Gym*

Time:

*Wednesdays,
2:00 - 3:00 PM*

ENROLL NOW



TO REGISTER: Scan the QR code or visit our website at sanmateoadulted.org. Under PROGRAMS select PROGRAMS FOR ACTIVE ADULTS to find the class and register.

Questions? Email:
jmcgovern@smuhdsd.org

