



TAI CHI

A Gentle Form of Chinese Martial Arts

The Wellness Connection offers an 8-week Tai Chi class taught by Dr. Armando de la Cruz.

Participants learn fundamental poses and moves of basic TAI CHI for beginners and the more advanced moves of CHI KUNG and Sun styles. Both styles are suitable for those with arthritis and osteoporosis as well as other problems related to bones and joints.

**Call 323-WELL (9355)
for more information.**



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Wellness Connection