TAI CHI: MOVING

FOR BETTER

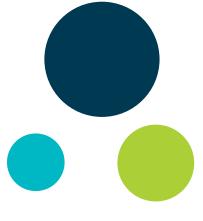
**BALANCE** 





## MEALS ON WHEELS DIABLO REGION

## TAI CHI



**CONCORD:** 

The Heritage (Christiansen Room) 2222 Pacheco St., Concord

> Wednesdays 11:00AM-12:00PM



10 Weeks: April 18, 2018 through June 20, 2018



For further information, contact Cynthia Black, Health and Wellness Division Manager, at cblack@mowdr.org or 925.937.8311 x401.