

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.