

TAI CHI: MOVING

FOR BETTER

BALANCE



MEALS **on** WHEELS DIABLO REGION

## TAI CHI CLASS

CONCORD:  
The Heritage

(Christiansen Room)

2222 Pacheco St. Concord

Wednesdays,

11:00AM—12:00PM

**ONGOING CLASS**

For further information contact Cynthia Black, Health and Wellness Division Manager, at [cblack@mowdr.org](mailto:cblack@mowdr.org) or 925.937.8311 x 401

Meals on Wheels Diablo Region is an equal opportunity provider and employer.