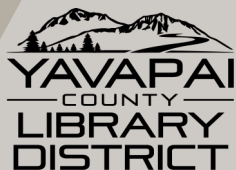


TAI CHI FOR HEALTH

Thursdays
June 6 to July 25th

11 AM to
12 PM



Beaver Creek School

Board Room
4810 East Beaver Creek Road Rimrock

Tai Chi for Health is designed to:

- Improve balance
- Relieve pain
- Build confidence
- Improve quality of life

Each session includes warmups,
learning 1-2 forms, and cool-downs.

Join Our Classes!

Advance Registration Required!



928-442-5966

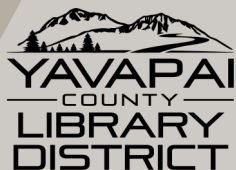
carla.hover@yavapaiaz.gov

Susan.hunter@yavapaiaz.gov

TAI CHI FOR HEALTH

Thursdays
June 6 to July 25th

11 AM to
12 PM



Beaver Creek School

Board Room
4810 East Beaver Creek Road Rimrock

Tai Chi for Health is designed to:

- Improve balance
- Relieve pain
- Build confidence
- Improve quality of life

Each session includes warmups,
learning 1-2 forms, and cool-downs.

Join Our Classes!

Advance Registration Required!



928-442-5966

carla.hover@yavapaiaz.gov

Susan.hunter@yavapaiaz.gov