

Tai Chi



Benefits for those with Arthritis

Reduced pain & stiffness

Improved balance and coordination

Improved muscle strength and stamina

Improved concentration and memory

McMinnville Civic Center

Wednesday, January 27, 2010
12:00 noon-1:00 p.m.

Sun Style Tai Chi will be discussed and demonstrated.



Bring your lunch for this complimentary class!

Learn How You Can
Improve the Quality of Your Life

