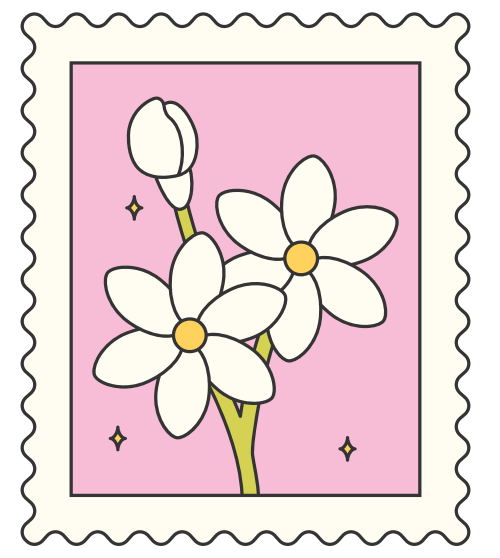


April



Tai Chi



**FREE TO ALL W-R ADULT
RESIDENTS!**

WEDNESDAYS

**4/1, 4/8, 4/15, 4/22, & 4/29
AT 10 A.M.**

Tai chi is an ancient Chinese mind-body practice that combines slow, gentle, and continuous movements with deep breathing and meditation to promote physical and mental well-being.

Please wear comfortable clothing, refrain from eating 1 hour before class, bring water, and as always, please get the ok from your physician before beginning any new exercise program. Class will start promptly.



2026

