

# MARCH

## Tai Chi



FREE TO ALL W-R ADULT  
RESIDENTS!

WEDNESDAYS

3/4, 3/11, 3/18 & 3/25  
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