

**FREE**

# Tai Chi



**Tai Chi helps  
increase your flexibility  
and improve your  
balance.  
Low Impact  
Exercises**

**May 3 - June 28**

*(with the exception of June 21)*

**Call to register  
519-445-4779**

**Friday mornings from  
10:30-11:30 am  
at Dajoh Youth and  
Elders Centre**

**Transportation is  
provided**

