

Improve Your Health and Immunity, Reduce Your Stress, Pain, and Anxiety with Tai Chi!

**Hello everyone out there in Social Distancing Land!!!
What can you do when the senior centers have to close and put
Tai Chi Classes for seniors on hold?**

**Learn to use Zoom and take these classes Online!!!
If you can open an email you can take this class!**

**ONLINE TAI CHI CLASSES OFFERED WEEKLY.
Classes are Tuesdays, Thursdays, and Saturdays at 9am and 11am.
The 9am class is for beginners and the 11am class is for advanced.
All are welcome at both.**

**These classes are sponsored by the Area Agency on Aging, the
Lakeport Senior Center, and the Lake Family Resource Center.**

**Suggested contribution for those 60 and older is \$5 per class but is
not required to participate. No eligible participant will be denied
service regardless of their inability to contribute.**

**To register for these classes,
Email ljburton53@gmail.com or text/call Linda at 707-337-2441**

Thank you in advance for your participation and support.