



*Tai Chi for Arthritis
and Fall Prevention*

Tai Chi for Rehabilitation

Tuesdays 1-2 PM Starting April 5th

Hill Ray Plaza Ballroom

Colfax, WA

Tai Chi can be done in standing, sitting, with a walker or with a chair.

All levels of mobility welcome.

Please wear comfortable shoes and clothing.



Class is offered at no cost thanks to a generous grant from

Lewis-Clark Valley Healthcare Foundation

Call Therapy Services 509-397-5733 for more information