

**Celebrate Yourself For
Veterans Day
Wellness Tai Chi Group**

Castle Point
Multipurpose Room
BLDG 19, RM R-100
Friday 11/15/2019
1:00 pm – 2:00 pm

This class follows the Tai Chi Easy™ method, a carefully designed approach to Tai Chi that makes it easy and fun to learn.

This class is open to all Veterans. No prior Tai-Chi experience is required.

**Whole
Health
for Life**



Four Baskets of Tai Chi Easy Practice

